WE ARE...

ARE

YOU

Scholarly

Artistic

Opinionated

Resourceful

Spiritual

Involved

Passionate

Charitable

Imaginative

Adventurous

Athletic

Optimistic

Individual

REGIS UNIVERSITY

3333 Regis Blvd
Denver, Colorado
80221

Vol. 93

2008-2009

R U RANGERS

THE STORY BEHIND THE TITLE

The yearbook team wanted to have a publication which reflects the community students have developed here at Regis University. As time passes, we all go through changes, but do we ever stop to think who we are through the changes? We Are aRe yoU is symbolic of one Regis University as a whole student body and also the individual student within the student body. Each individual student helps make the Regis community what it is.

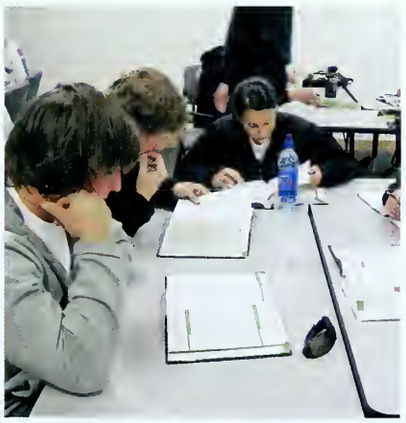
Standing with tradition, the yearbook is divided into sections. This year, these sections are delineated by what defines us as individuals and as a community: mind (academics), spirit (athletics), body (clubs and organizations), and soul (student life).

Above all, we are individuals who are unique in every aspect of our lives. Through mind, spirit, body, and soul, we form what is Regis University. This year's yearbook is a reflection of the students we are becoming and the futures we are striving to achieve.

"ALL THIS AND MORE"

R U Involved?
Student Life 4-39

R U Active?
Clubs and Organizations 40-89



R U Physical
Athletics 90-127

R U Scholarly
Academics 128-161

dividualistic
rtraits 162-175

R U HOME?

What is your favorite part about college life?

Beverly Thao
Senior

"Finding yourself and your best friends."

Wivina Sithisay
Junior

"Livin the dream."

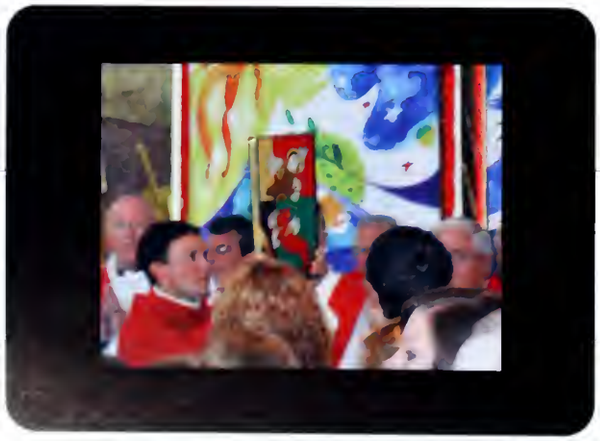
Brittany Farniok
Junior

"College life is so salsa. No matter what, there is always someone to hang out with or study with. It's all about meeting new people!"

Chani Taggart
Sophomore

"Learning how to fake it til you make it!"

Photograph provided by Brett Stakelin.



Above: Father John Muir blesses the bible after the reading of the gospel
Right: The choir lead the congregation in worship songs.

Left: The cantors lead the Responsorial Psalm during the Mass of the Holy Spirit

R U HOLY?

MASS OF THE HOLY SPIRIT

"Spirit Wind, Breath of God-breath new life into our world." Many students and community members gathered on this special day to celebrate the Mass of The Holy Spirit. This mass is in celebration of the new school year and to feel the power of the Holy Spirit as Regis students and staff undertake the rigorous course load of another semester. This year our guest homilist was a recent Regis graduate from the class of 2000, Father John Muir. Fr. Muir is currently a priest in the Diocese of Phoenix, Arizona. He studied Communication Arts and Spanish at the Regis campus later continuing his studies at St John Vianney Theological Seminary in Denver. We were very fortunate to have Fr. Muir in addition to all the concelebrants.

Kelly Haberkorn reads the lesson.

The Homily

Fr. Muir delivers his homily inspiring those in attendance to listen to the Holy Spirit as it guides us in our every day lives.

Presider
Fr. Michael Sheeran S.J.

Homilist
Fr. John Muir, RC '00

Concelebrants
Fr. Dan Daly, S.J.
Fr. Bill Miller, S.J.
Fr. Curtis Van Del, S.J.
Fr. Cummings, S.J.
Fr. John Zupez, S.J.
Fr. Donaald Reck, S.J.
Fr. Charlie Shelton, S.J.
Fr. Eustace Sequeira, S.J.
Fr. Greg Konz, S.J.
Fr. Robert Weiss, S.J., Asst. to the Provincial for Higher Education

Fr John Muir

The colors which represent the Mass of the Holy Spirit are red, orange, and yellow.

Hey, Tracy, why can't I look this cute while doing laundry?

Why study, Halo is so much better!

Lauren sits at the front desk in DeSmet. Hall Duty can be challenging especially the late nights on the weekends!

Left: Andrea Minhas bakes cookies before heading off to class. The town homes are a great home away from home!
Right: The town homes include a nice little kitchen so students can practice their cooking skills while away from home.

R U INDEPENDENT?

DORM LIVING

Home away from home... There are four student housing options on campus and one student housing option that is off campus. Two of the residence halls are available for freshmen only and these are O'Connell and DeSmet, however there are freshmen who also reside in West Hall who are a part of the Magis Program. Residents of O'Connell and DeSmet enjoy community bathrooms, computer room, study rooms, lounges, and a community laundry room. Besides these halls, West Hall and the Town homes are available for upper classmen. Residents of West Hall share the same amenities as those of O'Connell and DesMet, however they thankfully have their own full bathrooms which they share with another room and they also have the luxury of cooking in a full kitchen. Residents of the Town homes enjoy "apartment style" living in which they have a full kitchen and a washer and dryer per unit. Ignatian Village, the newest option as student housing, is located just off campus and is available for upper classmen. Ignatian Village is also an "apartment style" living in which the residents enjoy a full kitchen, washer and dryer, as well as a patio.

This young lady enters West Hall after a long day.

West and DeSmet Halls

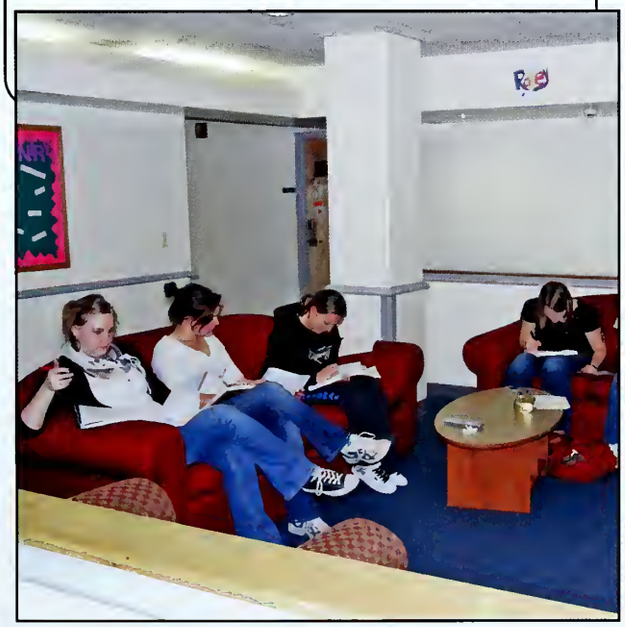
West Hall Computer Lab

Rosey in her dorm room

R.U. Home?

Dorm living is an opportunity for college students to become independent in a safe environment. There are many resources available to students as aid towards their development into adulthood. This communal living is a great experience to build lasting relationships.

O'Connell Lounge



These four studious ladies are deep in concentration in the O'Connell lounge.

Can you get any pinker?

Hey Cowboy, who's your cowgirl?

What were you for Halloween?

Hey Chris, where can I get muscles like those?

Little Red Riding Hood in Distress?

The Seven Dwarfs whistle while they work in Main Hall.

R U FESTIVE?

HALLOWEEN AT REGIS

Regis University plays host to many of the neighborhood children every Halloween as an option for a safe and fun filled Halloween experience. Faculty and students set the mood by decorating offices, dorm rooms, club offices, as well as the student center. To further the festivities, a Halloween costume contest was held in the cafeteria during lunch in which time, many different characters, super heros, fairies, princesses, etc made an appearance.

University Relations welcomes you to the cemetery!

Minnie Mouse and her Pumpkin...

Trick-or-Treat?!?

Anne passes out candy

R.U. Crafty?

Besides passing out candy and dressing up, faculty and students decorated and offices and set up booths for children to play games or do arts and crafts.

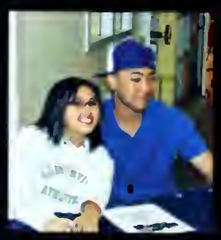
Pumpkin Painting

Trick or Treaters and parents were able to do some arts and crafts on this sunny Halloween day out on the quad.

Students stand in line for a gourmet sandwich during late lunch.

Hmm, should I get a cheeseburger or chicken strips?

Work! Work! Work!



Andrea and Kyle smile for the camera as they promote a retreat in the student center.

Kaci smiles next to Bob Siger

Smile, the sun is out!

R U AWARE?

STUDENT CENTER

Where there is food, the students flock!

The student center is a fun filled place for students to come eat, study, socialize, watch T. V., etc. Students are able to choose between the cafeteria or the Ranger Grille for meals. Flat screen T. V.'s are available for student use and enjoyment. Students are also able to set up tables to promote and advertise on or off campus events, activities, clubs, etc.

These two ladies enjoy lunch while doing homework.

Fun Times

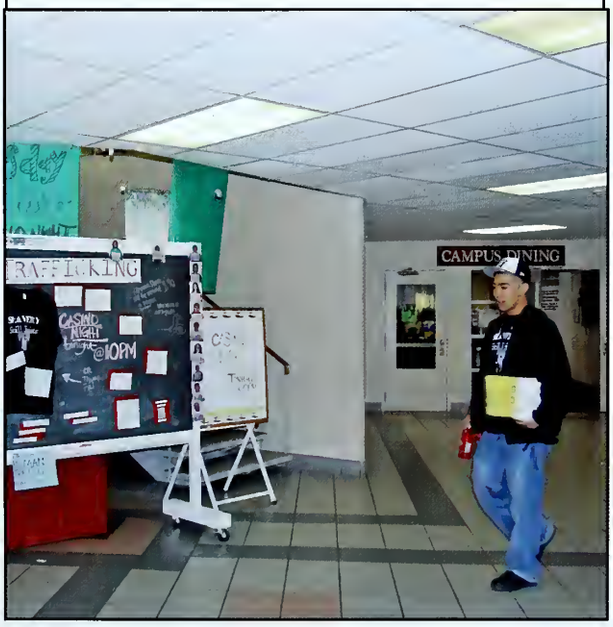
Cheese!

Brennan watches the big screen T. V.

R.U. Involved?

The student center is composed of the cafeteria, the Ranger Grille, the bookstore, the student activities office, Campus Safety, and many other offices. Students are able to eat, study, watch T. V. (on the many different flat screen T. V.'s), promote and advertise, and socialize. This is a very relaxing yet engaging place to come to and may be considered the most popular place on campus- primarily because there is FOOD!

Student Center



Kyle walks hungrily towards the grille for a late lunch.

Who are you voting for?

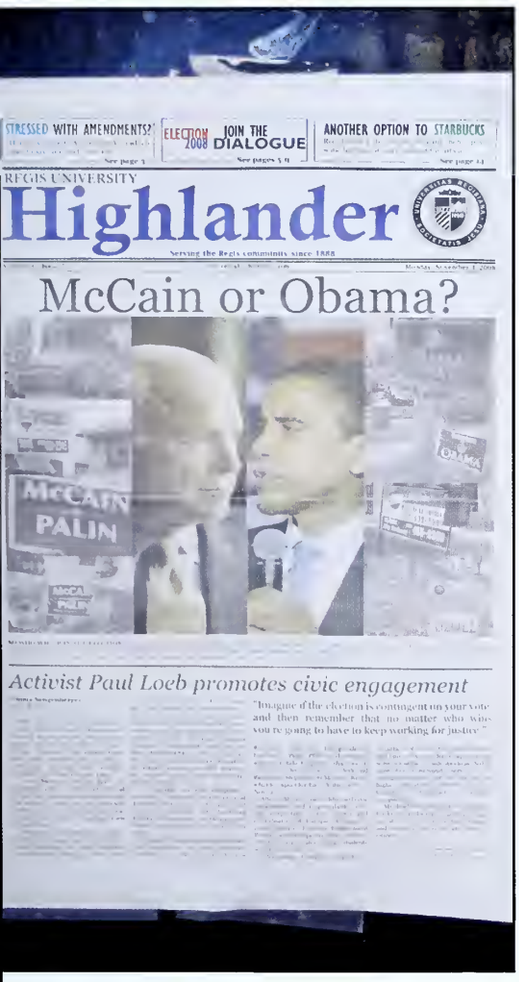
The artist of the chalk drawings worked very hard and the results were AWESOME!

To promote voter registration, chalk portraits were done in front of the student center.

R U VOTING?

ELECTIONS

November 4th, 2008 was a pivotal moment in American history. Barack Obama was the first African American to be elected President of the United States. Many young voters participated in this election and exercised their right to vote. Regis hosted a registration day and encouraged students to register and exercise thier right! The Regis community had the opportunity to view the election on a personal level because the Democratic National Convention was held in Denver, Colorado before the school year started.



STRESSED WITH AMENDMENTS? See page 3

ELECTION 2008 JOIN THE DIALOGUE See pages 5-9

ANOTHER OPTION TO STARBUCKS See page 14

REGIS UNIVERSITY

Highlander

Serving the Regis community since 1888

McCain or Obama?

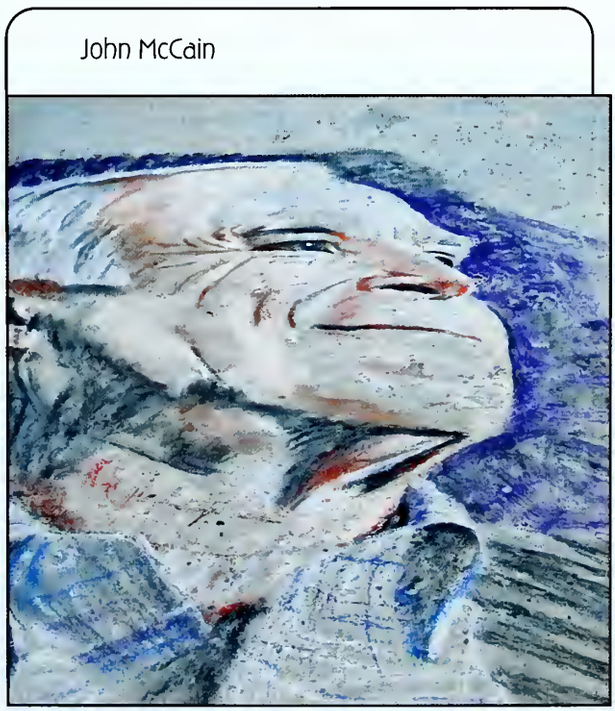
McCAIN PALIN

OBAMA

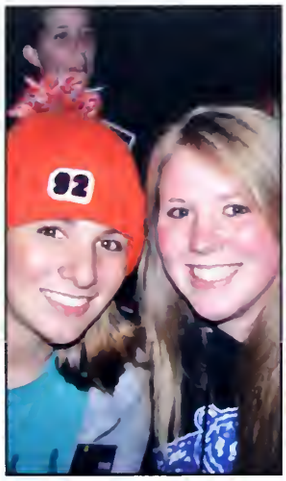
Activist Paul Loeb promotes civic engagement

"Imagine if the election is contingent on your vote and then remember that no matter who wins you're going to have to keep working for justice"

The campus newspaper, the Highlander, published a story about the presidential candidates.



Molly and Kaitlyn



Smile! It's almost time to eat!

The sun was shining for the freshmen at their retreat!

R U INTERESTED?

STARTING NOW RETREAT

The Starting Now Retreat was a retreat that was offered to the freshman as a way to socialize, reflect on the beginning of the school year, relax, and have some fun! Most importantly though, this retreat was an opportunity for the freshmen to begin building friendships, and thus, a community. The retreat was an overnight experience that was in the mountains from September 19th to the 20th at Camp Id-Ra-Ha-Je.

Tara and Laine

Dinner Time

"We're so hungry!"

"Yay, it's not Sodexo!"

R U Here?

The Starting Now retreat was a great experience for many freshmen to come together and bond. When you start your freshman year, you are trying new things and it can be intimidating not knowing anyone while you embark on new adventure. This retreat was a great chance for freshmen to come together and meet new faces.

Josh Blue

Photo:
Brett Stakelin

Bipolar Boy

Photo:
Brett Stakelin

Thank you Brett for all your technical support!

Great balance Sarah Magill !

Hearing Johnny Feiten play and sing was a delight!

Vincente Santiago
jammin' to the Ukulele!

R U THRILLED?

THURSDAY THRILLS

Thursday Thrills is a time for students to come together to relax, socialize, and have fun! Thrills starts at 10 p.m. and refreshments are usually served. Every week a different event is put on by Student Activities and students enjoy coming! Some of the favorites are the mentalist, the talent show, Jeopardy, and the thrills that are hosted during Snow Week and Ranger Week.

If you have yet to come to a Thursday Thrill, put on your shoes, grab your key card and your friends, and come to the cafeteria for a fun time!

A little tap dancing was in order at the talent show.

Serenade Me!

This duo sang two songs!

Sam Berenbeim jams on his guitar.

R U Participating?

Featured here are a few different thrill events that have taken place. We were delighted with Mentalist, humored by the Bipolar Boy, tickled by Josh Blue, and supportive of all the talent show contestants!

R U Psychic?

The Mentalist amazes students, but is it talent or trickery?

Photo: Brett Stakelin

What are you making?

What a colorful mask!

Thumbs up!

"Who is that?"

I can't tell, is she smiling?

It's all smiles in the beautiful and cold Estes Park!

R U COMING?

MULTICULTURAL RETREAT

The multicultural retreat was held in Estes Park, Colorado. It was a time for students of different backgrounds, cultures, religions, races, etc. to come together for a fun filled time! Students were able to mingle, bond, relax, and learn. There was an array of activities, one of which included the making of paper mache masks. The masks were then decorated so that the outside of the mask reflected how people see the person to which the mask belonged and the inside of the mask reflected how the person really is. There was also an assortment of different foods that were prepared which included Mexican food and Indian food.

Cookies and Sparkling Cider, what a great combination!

Fun Times

Is that you Kyle?

Salsa Time!

Estes Park

The students participated in making paper mache masks for each other. There was also a time for dancing which Andrea Minhas refered to as a "Peace dance or some sort." The students seemed to have enjoyed their relaxing and eventful time in Estes Park!

R U Playing?

The guys enjoy a game of poker.

The Coors Life Direction Center is a great resource for perspective gradutes and alumi.

Did you know that this cross can be seen many miles from Regis?

Many students spend countless hours at Dayton Memorial Library.

Here at the Ranger Gym you will hear the crowds raor as they cheer on their fellow athletes

Did you know that Loyola Hall is home to the Deans Office as well as the Writing Center?

Did you know a new addition was just added to Main Hall?

R U Sentimental?

Buildings

As many of you know, majority of the buildings on the Regis Campus are made of brick, and some of them are very old! Each building has a history that is special and significant to Regis University. The more recent additions have been made to the science building which is named Felix Pomponio Family Science Center. Although the students and faculty had to compromise for a semester while the renovation took place, everyone agrees that it was worth it- the science building looks great! Another recent addition to the Lowell campus was the addition to Main Hall. The north side of Main Hall was under construction in the spring of 2008. The beautiful stairs that lead from the Chapel into Main Hall are not only beautiful to look at, but serve as a great pathway to the Chapel.

Did you know that the science building was gutted and is now state of the art?

Beauty from Brick

Carrol Hall

Did you know that this used to be the old chapel? Now it is used as a fine arts building.

Did you know?

All of the buildings on the Regis Campus have interesting stories and backgrounds. Each is very special to this community in that they were designed and placed with extra care! If you do not know much about the building, jump in on one of the campus tours that are offered to prospective students or simply do some research! You may be surprised at what you find!

Regis University Chapel

Did you know that this chapel is new? Did you also know that while the science building was being gutted and remolded, the chapel basement was home to the faculty members of the Chemistry Department, Biology Department, Math Department, and Psychology Department?

Turkey Trot runners.

Fulkrod family smile for the camera after they have completed the Turkey Trot.

Delicious

Kelly helps with the Thanksgiving meal.

Yummy yams and stuffing!

Mark cuts the turkey.

Donna and Sabrina putting out our fabulous Thanksgiving meal!

What would Thanksgiving be without pumpkin pie?

R U THANKFUL?

THANKSGIVING

Thanksgiving at Regis was celebrated with a big Thanksgiving lunch. There were two buffets lines with an array of great food like turkey, stuffing, mashed potatoes, salads, and much more. There was also a buffet line of desserts which of course included pumpkin pie and whipped cream. The table settings and decorations were beautiful and festive. The cafeteria staff worked very hard to put this meal together for the community and it was very much appreciated! This break was very much needed and was a time for students to relax before coming back to the final stretch of fall semester of 2008.

Sit Down Dinners

Beautiful Table Settings

Stacey getting ready to start dinner with her family.

Thanksgiving

Thanksgiving is the time to sit down at the table to enjoy great food and company. It is also a time for people to reflect on their lives and more importantly, on the things and people that they are thankful for.

R U Hungry?

Yummy turkey right out of the oven! Mama Fulkrod's cooking is WONDERFUL!

Bottom: Michelle Bryan, Rachel Chavez, and Patty Moncada

Top: Micahl Wood and Talisa Puentes

R U Dancing?

Kristin Crocker

Maricor Coquia

Angela and Molly

It is all smiles because the Snow Ball at the Aquarium was a BLAST!

Emily Dufficy being crowned ICE QUEEN

R U CHILLY?

SNOW WEEK

Snow Week was held the week before finals, December 8 through December 12, and was put on by RUSGA, SIC, and PAC. Snow Week started with hot chocolate on the quad. On Tuesday, seven contestants participated in the second annual ICE QUEEN competition which was held in the dining hall. A Warren Miller film was shown in the Ranger Grille on Wednesday along with a raffle with many awesome door prizes. On Thursday everyone got dressed up and headed down to the Aquarium to attend the third annual Snow Ball Formal. The finale of Snow Week was the opportunity to watch a movie at the Olde Towne Arvada theatre for free! Snow Week was a time for students to relax and socialize after a long semester and before a stressful week of finals. It was a fun filled time that many enjoyed!

R U Nervous?

Moments before the decision

Contestants and their handsome escorts

R U An Ice Queen?

The second annual ICE QUEEN competition was held on December 9th in the dining hall. There were seven contestants ranging in grade levels who competed. The contestants were judged on a talent and their answers to a couple of questions. The contestants also had the opportunity to perform a dance as a group as well as be escorted on stage by a handsome gentleman. It was a fun time for all!

Contestants Compete

Contestants of the ICE QUEEN competition dance for the audience

Children pet one of Santa's reindeer in Golden, Colorado

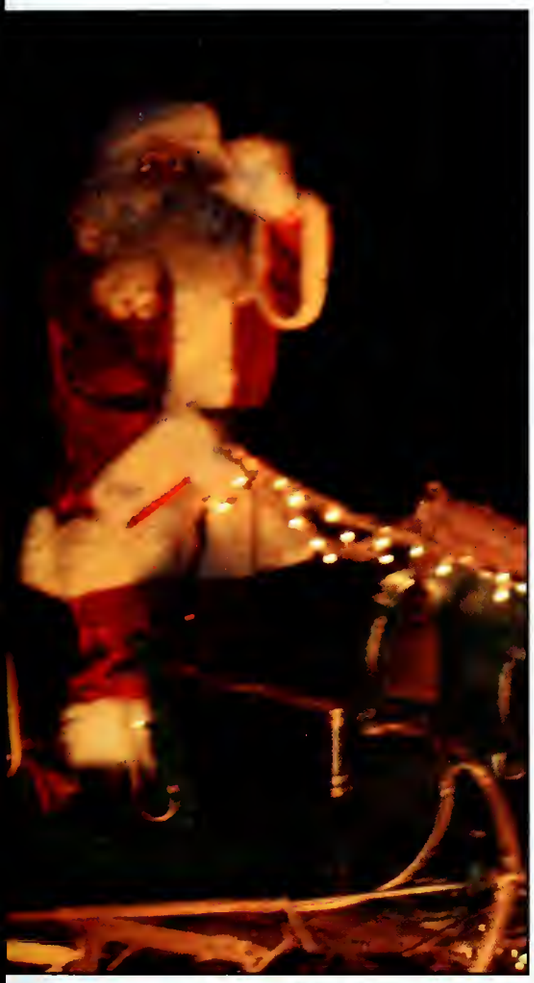
One of the many beautiful Christmas Parade floats in Estes

The Christmas Train ride at Ala Moana in Honolulu, Hawaii

A Christmas Parade float

Were you naughty or nice?

The beautifully decorated, hand picked Fulkrod family Christmas tree



R U NAUGHTY OR NICE?

CHRISTMAS

For Regis University, Christmas came before the semester had even ended. The annual lighting of the Christmas tree was held on the quad, many students were decorating their living areas, and holiday cheer was being spread all over campus. Aside from all of that, perhaps the most inviting indication that Christmas was coming was the frosty weather with temperatures reaching below zero! Many may have thought that it was indeed going to be a "white Christmas" in Colorado, however, that was not the case! Students, faculty, and staff were dispersed across the country on this day to enjoy family, friends, food, and good times.

"Here comes Santa Claus, here comes Santa Claus, right down" Main Street, Estes

R U Irish Step Dancing?

The Irish Step Dancing Club perform in Golden, Colorado

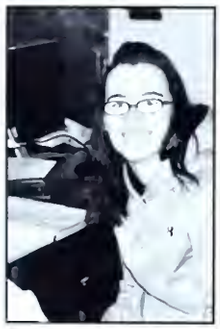
R U Jolly?

The Christmas Festivities in Golden, Colorado were held on December 5, 2008. The main street was blocked off so that everyone could enjoy the lights, concert, company, and holiday cheer. Families of all shapes and sizes were present to meet Santa's reindeer, enjoy some hot cider, and support the holiday performers.

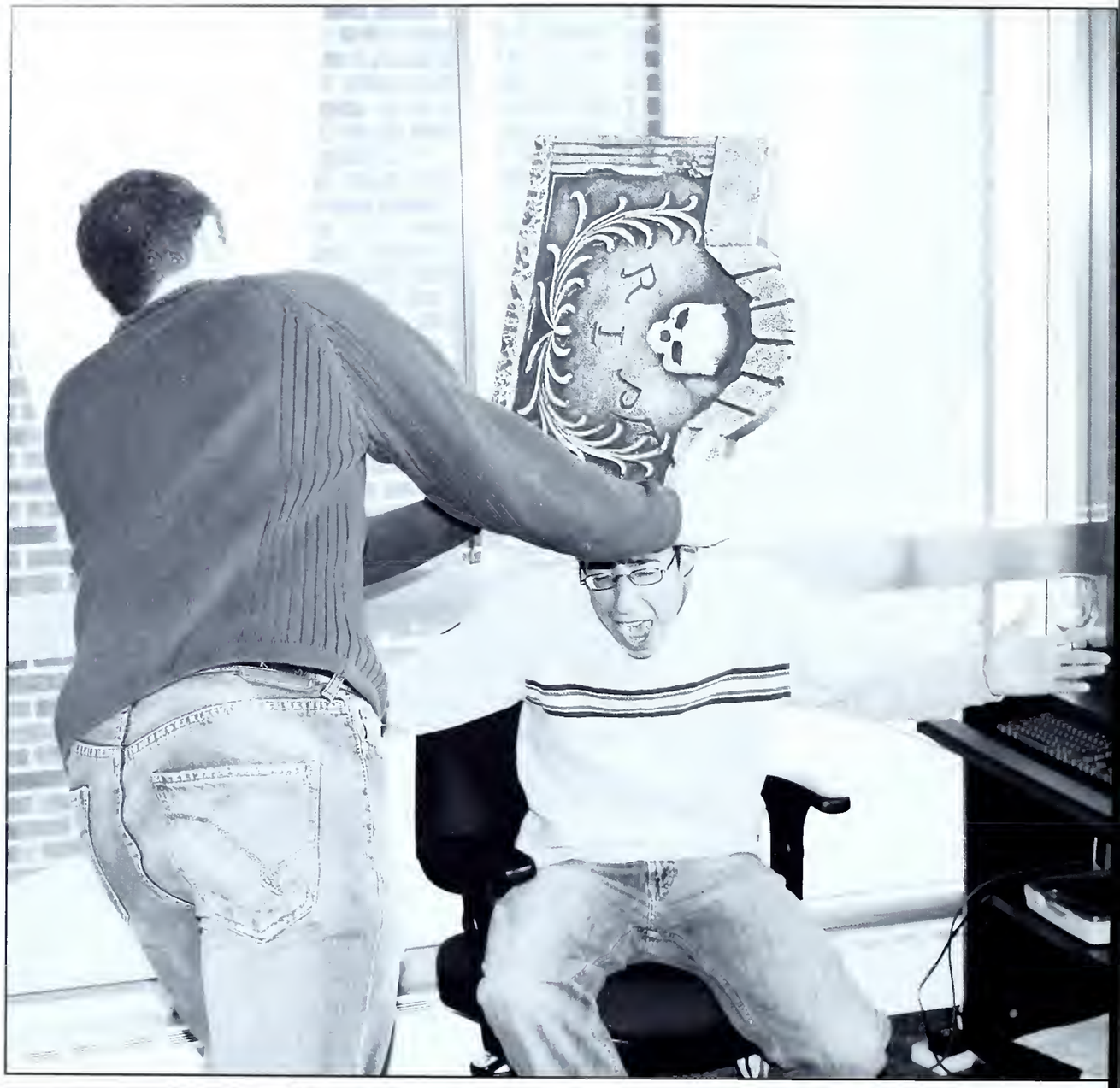
Holiday Cheer!

Noe Neal and Jackie Fulkrod enjoy the holiday festivities

Margaux Lester on the phone in the Office of Service Learning



Kacee Harris working in the Office of Admissions



R U a Jennifer?

Jennifer Fendrich and Jennifer Filipi smile while working in the Office of Residence Life

Lauren DeRosier, Hanh Nguyen, and Jennifer Nguyen working at the Library Circulation Desk

Joe Vuletich and Adam Barajas work hard in the Office of University Ministry

R U WORKING HARD OR HARDLY WORKING?

Work study, which is more formally called Student Employment, is offered to students as a way to earn money. There is a variety of positions that are available both on and off campus. Some of the on campus positions include lifeguards for the pool, tutors in Carrol Hall, desk assistants in the residence halls, library assistants, fitness center employees, and many other colorful positions. The positions that are offered off campus are Community Based Work Studies in which students are given the opportunity to go out into the community to make a difference. Work study is appreciated and sought out by many as not only a way to make money, but also as a way to interact socially and professionally with others.

Cristina Chacon and Rebeca Terrazas tutor in Carrol Hall

R U Diligent?

Andrea Butero

Alyssa Hill

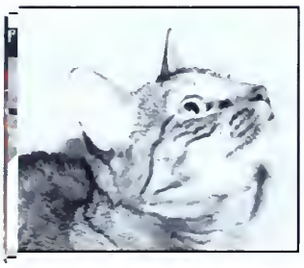
R U Employed?

Shown at top left is Andrea Butero who works in the Office of Campus Safety. At the bottom left is Alyssa Hill who is employed by the Office of Student Life. Although all of the pictures shown depict students sitting around smiling, do not be fooled, the students work very hard for their paychecks!

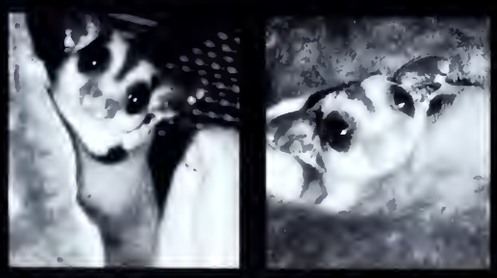
Fitness Center

Samantha Espe and Katie Hooten smile while working at the Fitness Center

What are you looking at, Natalie?



Yoshi, the dog who only understands Japanese, smiles for the camera



Sugar Gliders Stormie and Tubbie gaze curiously at the camera

Todd Maluhia poses by his box of toys

Now this is the life of leisure. Millie reigning over her domain. As it should be.

R U A Pet Lover?

Adorable Pets

Pets have always been great because they tend to be loving and supportive of their owners no matter what. For many, pets are reminders of not only their childhoods but also their homes. Whether it was your dog Fido or your cat Lucy, pets have and continue to be a part of many of the students', faculty's, and staff's lives. Sadly, Regis University is not home to any domesticated pets, however, that does not stop anyone from bringing their pets to campus. It is not only the students who enjoy hanging out and playing on the quad, but many of their pets enjoy the quad too! For pets the quad is a vast, grassy (sometimes snow covered) area to run and play. For owners, the quad is a place their pets can run and play away from the dangers of speeding cars.

"Bruno, please do take my picture. I am adorable!"

R U Playing?

Bruno, waking up in the morning after sleeping with mom and dad. How adorable!

R U A Pet Owner?

R U a pet owner? If you are, what kind of pet do you have? What is your pet's name? If you are not currently a pet owner, have you ever owned a pet? What kind of pet was it? What was your pet's name? Do you have a dream pet? What is your dream pet? What color is your dream pet? For all, would you consider your pet to be a pet, a friend, a companion, or a family member?

Pet or Companion?

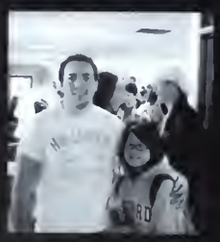
Copper Malie poses for the pet calendar

Making signs for events

Showing off his talent for all to see

R U Into Movies?

Adam and Danielle do their 007 poses while waiting for tickets



Students wait patiently in line for the chance to get tickets to the Friday Night Movie events

Thank you to Brett Stakelin for this picture of, Shawn "Griddles" Edwards, who is the three time champion of the Finals Breakfast "Nog-Off," the egg nog drinking contest

The "We the Living" Concert.
Photo: Brett Stakelin

R U HERE?

ON CAMPUS EVENTS

Regis University plays host to many on campus events that range from the weekend before the start of the school year, Orientation, to the weekend after the last final, Graduation. All of the events are very much planned for and anticipated as well as appreciated. Students are able to enjoy barbeques on the quad, community clean-ups, free weekend events, weekly entertainment, Ranger Week, and a array of other activities. Special thanks are in order to all of the people who make these events possible for the students. Thank you very much for all your hard work!

The "We the Living" Concert.
Photo: Brett Stakelin

R U SWAG?

Free Food!

Pumpkin Catapulting Fun!

R U Involved?

Right: During parent weekend, this former Denver Broncos Linebacker was a most appreciated guest speaker. Also present was Elwyn Shimoda who is not only the father-in-law of Student Activities Director Dave Law, but is also the owner of the catapult which is shown in the bottom left picture. Above left: During the sunny season, Regis provides students an opportunity to not only come together for social interaction and free food! Barbeques are very much appreciated as well as anticipated by all!

Parent Weekend

Dave Law, Karl Mecklendburg, and Elwyn Shimoda

One of the many anticipated events was a trip to a baseball game at Coors Field.

Katie Hooten and Amanda Isenbart ride the RTD bus to Coors Field

R U Hiking?

Brigid Fagan smiles while hiking

Brigid and Lizzy Sepe look out at the beautiful landscape

The group smiles while on the hiking event

Amanda Isenbart and
Nick Velasquez

R U MINGLING?

BEST OF COLORADO

The Best of Colorado is a program offered to incoming freshmen as an opportunity to establish lifelong relationships and experience beautiful Colorado's culture. Brandon Blessing coordinated activities throughout the year for freshmen to mix and mingle. Some of the fun events included white water rafting, a Denver Nuggets Game, a trip to Coors Field for a Colorado Rockies Game, the Producers production at the Boulder Dinner Theatre, and a daytrip up to Winter Park to enjoy the slopes. The Best of Colorado is a great way for freshmen to meet other students while enjoying aspects of Colorado they may not have otherwise been able to enjoy.

Brandon Blessing loads his gun for paint balling.

R U a Rockies Fan?

Nick Velasquez and Andrew Moser

"Take me out to the ball game..."

BOC

Among the large array of events that are offered to the students in the Best of Colorado, one of the more anticipated events is a trip to Coors Field to watch the Rockies play the "All-American" sport of baseball. The students are taken out to the ball field- or actually to the bleachers- to enjoy a fun-filled time full of Cokes and footlong hot dogs!

Fun and Food!

The group gets ready to indulge.

Below: Luke Curtis, a participant in the Biloxi Mississippi work trip, masterfully cuts wood to help rebuild a community.

Right: Gus Maxwell and John Rafferty concentrate very hard building a house in Ft. Myers, Florida

Above: Jackie Ganfield, and Mike Harris install a window in a house that they were working on while in Biloxi Mississippi.

Left: Kelsey Schmidt and Sheila Hoag enjoy a break at the beach on Sandibel Island, Florida. The girls put in countless hours working, so they deserved a quick childhood pastime. Right: Marcus Trucco who participated in the service trip to Florida helps assemble roof trusses. Who know our class prez was so handy?

Making Changes Everywhere

Along with the relaxing kind of spring break, many students preferred to donate their spring break to doing charity work. Regis sponsored two trips one to Florida and one to the Mississippi Gulf Coast region. Students were able to stay at a local church and help in the process of rebuilding the community. Students were able to help Habitat for Humanity by doing hard labor. After the work was complete students were free to have some fun in the sun.

SPRING BREAK TRIPS

Above: Jessica Debski, Amanda Hoch, Moryah Schindler, and Jenae Ford strike a pose in beautiful Hawaii.
Below: Brandon Freson, William Corrigan, Tim Etzkorn, Jessica Debski, and Amanda Hoch, take a breather while on a hike in Hawaii.

Students at Regis University were fortunate to have such great opportunities to explore the world by participating in one of several spring break trips. Students were able to take advantage and relax while spending a week in beautiful Hawaii or explore the back country of Colorado on a ski trip. Both of these fun filled adventures were sponsored by the Outdoor Adventure Program. Students who participated in the Hawaii trip stayed eight days at the garden isle, Kauai. Students had the chance to backpack along Napali Coast, snorkel in the Pacific, and even explore famous set locations like Jurassic Park.

The backcountry ski trip was another chance for students to unwind after a grueling week of mid terms. Students were able to enjoy the fresh powder of Colorado's backcountry and even got the opportunity to stay in a yurt. Students were also informed about basic knowledge regarding avalanches. Both of these vacations were fun and many memories were created.

Left: While in Hawaii Tim Micek, William Corrigan, Jenae Ford, Brandon Freson, and Reagan Pufall really get into their snorkeling gear!

Below: Reagan Pufall, Tim Etzkorn,Tim Micek, and William Corrigan grab hold of Brandon Freson for a quick picture before tossing him for his first solo flight.

Left: John Hickey's Junior Seminar poses with their host families while on Spring Break in Mexico. This trip is a requirement of students who are enrolled in the seminar. It is a real hands on opportunity to explore some of the topics discussed throughout the semester.

R U INVOLVED?

Regis has over 70 clubs and organizations with new ones forming every year. This makes it impossible to not be active!

Jessica Okamura

"In ASAP, we create a friendly environment. I make a lot of friends there. It's important to be involved so students can interact with others outside of the classroom who have the same interests as them."

Chris Williams

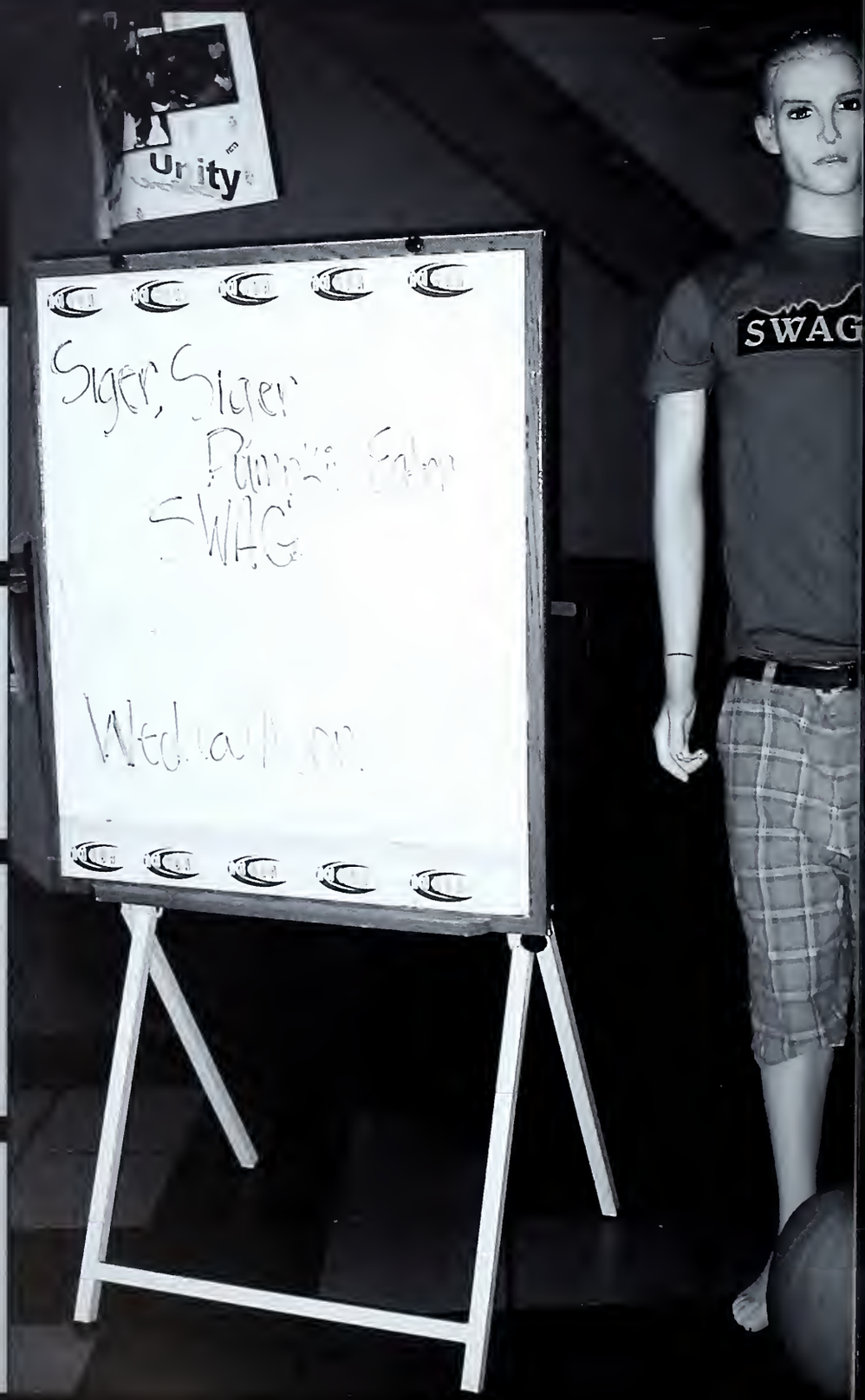
"I joined the Student Involvement Committee because I want to see everyone involved in showing school spirit. Every student should be involved in their school. It helps them bond in a team as they would in the workplace."

Ali Richardson

"Psychology Club is a new club that just started this year. It helps students because we bring in people from that career field and interview them. Being involved at Regis keeps students from being lonely and helps them network."

Cynthia McIrvin

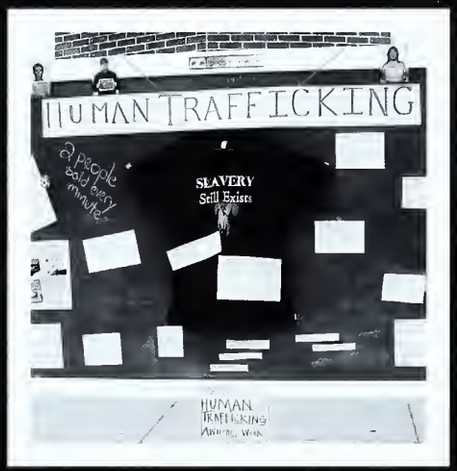
"Being involved allows you to form lasting relationships with friends that you can connect with. It will also help you develop all the different dimensions of your own personality."



CLUBS AT REGIS

It's Halloween Bingo Night at Thursday Thrills! Sponsored by PAC.

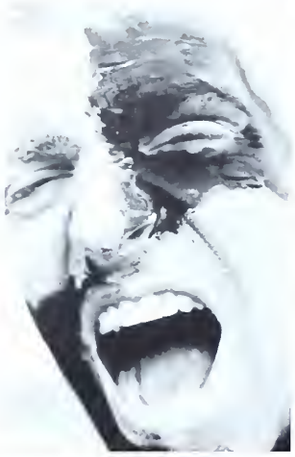
Clubs like ASIA raise awareness by placing posters by the Student Center.



Noe Neal, Jackie Fulkrod, and Kelly Rawlins enjoy dinner before their yearbook retreat.

Mirasol Moncada prepares for her radio show on KRCX.

Right: Chris Lanciotti really knows how to get students involved...by showing serious Regis spirit!



Bottom: The Sustainability Committee prepares to educate Regis on what's recyclable on the quad.

Students Representing Students

Marcus Trucco

Student Body President

Will Gohl

Student Body Vice President

Elected Officials of Student Government

Crystal Kay

Student Body Chief Justice

Top: The Sustainability Committee dumped trash on tarps and separated all that could go in the new recycling bins.

Right: When Marcus Trucco and Ryan Martinez aren't working hard, they catch up on some down time.

Left: Members of the Executive Cabinet, other Regis student leaders, and advisors at the National Jesuit Student Leadership Conference in Seattle in August.
Bottom: The Executive Cabinet chillin' out before a photo op.

STUDENT GOVERNMENT RUSGA ASSOCIATION

Our Student Government executive branch consists of the Student Body Officers, elected by you, and the Executive Cabinet. Working with the legislative (Student Senate) and judicial (Judicial Board) branches, the enthusiastic Exec Cab strives to improve your life at Regis. Without RUSGA, your voice couldn't be heard and the revolutionary events around campus wouldn't have happened. So give it up for RUSGA--their committment will continue to aid the Regis community.

Student Body President- Marcus Trucco
Student Body Vice President- Will Gohl
Chief Justice- Crystal Kay
Director of Communications- Michael DelliVeneri
Director of Social Justice- Christina Costello
Director of Health Awareness Committee- Mo McGoff
Directors, Program Activity Council- Joe Vuletich and Brett Stakelin
Director of Multicultural Awareness Committee- Kyle Hudencial
Director of Student Involvement Council- Christopher Lanciotti
Director of Finance- Ryan Martinez
Director of Community Involvement- Kathryn Redmond
Director of Sustainability- Zachary Owens

Chris Lanciotti flips hamburger patties at the Hall Brawl, a traditional campus event at Regis.

Right: Amanda Tapia gives Ashton Nuvolini her membership pin.

Bottom: Matt also receives his membership pin from Amanda Tapia.

KEYNOTE SPEAKERS

Monica Walker

Walker explains the Leadership component of NSCS.

Jared Marostica

Marostica explains the service component of NSCS.

Megan "the cheese" Mahoney

Mahoney explains the integrity component of NSCS.

Maricor Coquia

Coquia explains her role in NSCS.

Top: Dr. Bowie takes a bow for his introduction.

Right: Dr. Karen Adkins gives inspiring words during her keynote speech to the new members of NSCS.

Left: The new members stand patiently to receive their awards. At the front of the line is Gabe Gallegos.

Bottom: What's an inauguration ceremony without some delicious cake?

Maricor Coquia, Jared Marostica, and Quinn Waller share their joy at the ceremony.

NSCS

Do you love doing community service? The National Society of Collegiate Scholars is the perfect club for you! NSCS was established in 2005 and encourages students to further their education by reaching out to their community.

Community service activities that NSCS has sponsored include Integrity Day, Poker for Charity, and March to College Day, which is held every spring. The event encourages youth to attend college by informing them about college life, financial aid, scholarships and ensuring them that college is within reach. For the past three years, eighth graders from Skinner Middle School have participated in March to College Day by sitting in on classes, touring the campus, having lunch with Regis students, and even attending a Neuroscience Presentation!

NSCS is an excellent opportunity for Regis students to make a difference. Its achievements will continue serving the Denver community and its youth.

Right: Caitlin Oken and Elizandra Martinez, two dedicated leaders.

Bottom: Future leaders get an inside scoop on the benefits of serving their community.

ESTABLISHED LEADERS

Nicole Cochran and Amber Esquibel

Nicole and Amber love to help improve their community together!

Dan Van der Vieren

Dan, the Colorado Leadership Alliance (CLA) representative for Regis, speaks at Red Rocks for the Fire Within Conference.

Sarah Magill

"We are the leaders of the next generation and if we don't start practicing now, we will not be prepared for the jobs ahead of us."

Josh Wagner and Maggie McGurk

Josh and Maggie are very serious about their committment to the Leadership Program.

Top: Dr. Sally Spencer-Thomas and Drew Anneberg, faculty leaders of the leadership program.

Right: Taking notes was a must at the conference; can't forget a single thing!

Left: The Fire Within Conference was a place to embrace your inner leadership potential.
Bottom: The Conference helped students with personal and professional leadership challenges of the 21st century.

LEADERSHIP DEVELOPMENT

The Leadership Development Program strives to "ignite the fire within" the souls of Regis students, enabling them to reach their full leadership potential. From this potential, new doors to diverse perspectives and opportunities will be opened, leading to the expansion of each student's ability to serve the Regis community and beyond.

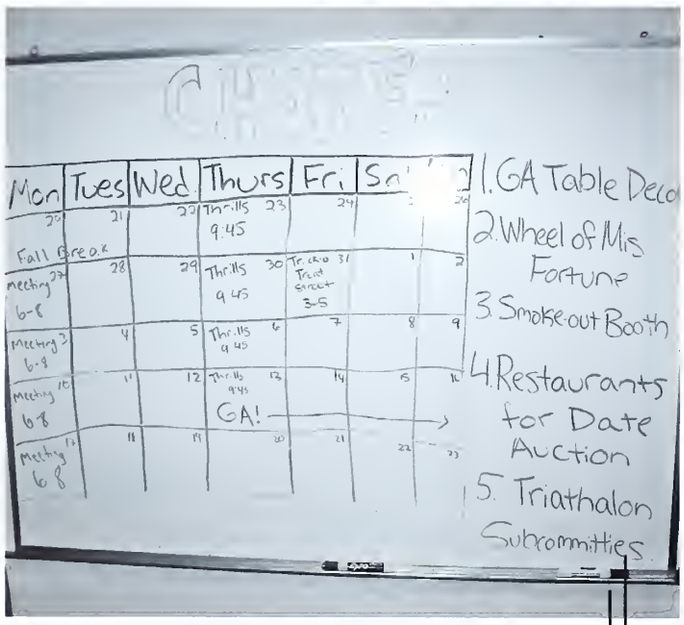
There are two paths to the program, the certification and the minor. The certification is a club format based on social activities, while the minor in Leadership Studies is rigorous and includes a selection process. Each path provides a breadth of experience in leadership that will benefit students not only in their future careers, but throughout the course of their lives.

This year, the program has provided service to the Regis community through Dinner and Dialogues, Project Vote Smart, Rock the Vote, World Aids Day, The Colorado Leadership Alliance, and the Fire Within Dangerous Minds conference.

Sarah Moran and Meaghan Kelly discuss the significance of the presentations at the conference.

Right: Maricela Reyes and Elizandra Martinez conjure a delicious non-alcoholic drink made of Gatorade and 7-Up.

Bottom: The calendar in the Choices office shows how busy the club is throughout the year.



WISE COLLEGE KIDS

Kristy Schmidt

"Choices makes students rethink the impact that one choice can make. The decisions that we make now affects the rest of our lives, so having a group like this at Regis is a good tool."

Viktoria Klassen

"Choices keeps students more aware in an environment where there is pressure for the wrong kinds of decisions. I have the same values of the club and I know that taking care of yourself is very important in college."

Emily Anderson

"I want to let students know that there are fun, healthy ways to go through college. Our programs illustrate that they can live healthy lives by making choices that will ultimately benefit their futures."

Devin Eckhardt

"Something I worried about in coming to college was finding friends who shared the same morals. In Choices I found these friends. I feel better knowing that I am not going along with the norm and setting a good example."

Top: Is that beer? Yes it is!The purpose of the beer tasting event was to promote drinking in moderation instead of excess.

Right: A representative from Coors enlightens students by explaining what happens to beer when placed in sunlight. The beer tasting event was a learning experience for many students.

Left: Matt Gonzales, Sean Murphy, and Emily Anderson work hard to make enough beverages for all!

Bottom: Jamie Winsor, Emily Anderson, Devin Eckhardt, and Maricela Reyes pose for a group shot.

hoices put together an obstacle course which simulated what it is like while under the nfluence of alcohol. Above a student tries to ride a scooter through a maze of cones.

CHOICES

Encouraging fellow students to make wise desicions is what this club is all about. College is a chance to enjoy yourself, but there are many misconceptions about what fun really is in college. Choices corrects these misconceptions by telling students about the consequences of drinking and smoking. They also offer alternative ways of having fun. Other issues that this club addresses are substance abuse, sexual assault, STD's, relationships, eating disorders, mental health issues, suicide prevention and more. Being aware of these issues helps students develop better habits and lifestyles.. Through their entertaining, informative, and interactive programs, Choices is a peer education program that helps students enjoy college while staying healthy at the same time.

Left: Great minds meeting together think alike.

Right: Eric Goshorn, Father Jerry, and Vanessa Bahr became lasting friends on the retreat.

JUSTIFIED PEACE MAKERS

Amanda Moritz

Amanda constantly encourages her friends to come join her in advocating peace and justice in the community.

Kaitlyn Grode

Kaitlyn's rational way of approaching and solving conflict gives her an advantage in representing the PJS mission.

Eric Goshorn and Bryon Plumley

Eric collaborated with the PJS Department Chair for a good cause. Together they formed judicious and peaceable ideas.

Rose Aspholm

Rose has brainstorming skills that can help the club provide maximum service for humankind.

Top: Lena Noecker and Christie Costello encourage you to join PJS!

Right: Improving the community's well-being makes Colleen McGoff feel warm and special inside. Aww.

Bottom: Kristin Crocker, Missy Garduno, Erin Tiernan, Becca Corona, and Vanessa Bahr smile for peace.

PEACE AND JUSTICE

In a world like ours, we need more peace and justice. Regis University offers classes dedicated to exploring issues of justice and peace for the common good of humankind and the earth. Peace and Justice Studies club is for individuals who want to get more involved with such issues beyond what is done in class. PJS club is open to undergraduate and graduate students with a major, minor, or interest in peace and justice. PEACE!
"Imagine all the people living life in peace. You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us, and the world will live as one." -John Lennon

The great outdoors. Where humans meet our precious environment.

Right: DeSmet RA Edward Encinias and PM Adam Barajas get serious in sweaters.

Bottom: The DeSmet RA's prove themselves to be the most sophisticated Resident Assistants on campus.

RAD RA'S/PASSIONATE PM'S

Jenni Filipi

Jenni's caring and thoughtful nature shows in her never ending support for fellow students.

Kenny Howard

Kenny's a tough guy, but on the inside he's a softie. That's why he joined the Residence Hall Association.

Shaunese Cradle

Shaunese's ability to communicate effectively with others made her a perfect fit for ResLife.

Adrian Martinez

Adrian is very easy to talk to. He always welcomes any student with open arms.

Top: Melinie Bergen participates in Ashton Nuvolini's sensory program in O'Connell Hall.

Right: Myron Sanders volunteers at Father Woody's Wrap party.

Left: Students in O'Connell Hall participate in a Pampering Program, a part of Princess Week.
Bottom: Over the summer, all of the RAs spent time with each other on a retreat.

RESIDENCE

A group of RAs strap up for an intense activity that requires teamwork. RAs participated in many group activities on their retreat that provided them with useful cooperation skills.

Students at Regis have multiple opportunities to get involved in the residential community on campus, either through student staff roles in the Office of Residence Life or through the Residence Hall Association.

There are six housing options at Regis: Residence Village, Ignatian Village, DeSmet, O'Connell, West, and Pomponio Village. Each residence hall has a staff that includes student senior staff members, Resident Assistants (RAs) and Peer Ministers (PMs). RAs are there for your convenience as resources, a support system, and activity coordinators. They also enforce the student handbook to make sure you have a safe living experience. RA's are both role models and friends for you.

The Residence Hall Association (RHA) is another way to participate in residential life. RHA projects and initiatives this year included staging a Halloween haunted house in West Hall for neighborhood kids, coordinating the Christmas tree lighting, and working to create a computer lab in the Residence Village.

Right: Michelle Sheehy turns Kevin Hurd into a mummy wrapped with toilet paper on Halloween.

Bottom: The Romero House community carves pumpkins together.

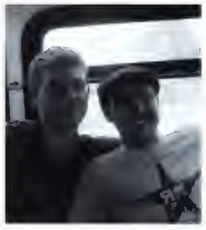
COMPASSIONATE CAREGIVERS

Michelle Sheehy and Drew Jones

Go Rockies! On the way to the game, Michelle and Drew were excited to spend some time away from the stress of college.

Kaleb Brooks and Dan Van Der Vieren

Dan certainly knows how to make freshmen from the Magis program feel welcome in the Hospitality House community.



Michael Mudd

Michael places a cross at the gates of Ft. Benning during the SOA vigil for Romero House.

Mary Anna Henggeler, Nicole Hupp, Mickey Smith

Mary Anna, Nicole, and Mickey participated in the protest and vigil at the School of the Americas in Ft. Benning, GA, in November.

Top: "Snow White" (Amanda Gustafson) and Kevin Hurd challenge each other at Twister.

Right: Members of the Regis community enjoy dinner and discussion at a Romero House hospitality night.

Left: The Romero House community displays prayer flags they made during a spirituality night.
Bottom: Will Gohl, Michelle Sheehy, Kevin Hurd, and Kathryn Brisnehan are a close-knit group dedicated to hospitality.

ROMERO AND HOSPITALITY

The Romero and Hospitality Houses are student residences located off campus that help benefit their communities. Romero House, located in Northwest Denver, was founded by Fr. Vince O'Flaherty, S.J., in 1992 to let students experience the connection between faith, education, and the life of the poor. Students explore the question, "Why?" Why is the world not as it should be? Why are poor people marginalized? At Romero House, students are committed to understanding social justice. They strive for a society of dignity, peace, and basic resources for all people. Every Monday evening, the Romero House hosts a "Faith and Justice Hospitality night," where issues of faith and justice are discussed. Dinner is always included as well.

Hospitality House is a homey off campus location for small group spiritual programming, staffed by an intentional community of students. These students provide hospitality after the 7:30 p.m. Sunday Mass, host a CLC for students living off-campus, and coordinate Friday evening programs with Salt and Light.

Colleen O'Grady and Kathryn Brisnehan chill out in the living area of Hospitality House while catching up on some studying.

Right: Kayla Austin received a dish of crème brulee (Asian style!) at L'Asie Fusion Bistro for her birthday.

Bottom: Mina Tran and Thao Nguyen hand out raffle tickets for the various prizes at Poker Night.

Awesome ASIAns

Christine Nguyen

"We immerse ourselves and others into not just our culture, but the social issues that come with being Asian. Each member is like a family member whom I care for dearly. There is nothing more beautiful than the history of who we are shown through the cultures we live out on a daily basis."

Steve Ngo

"ASIA allowed me to connect with fellow Asian students. It is important to understand the different viewpoints of other cultures when dealing with everyday issues."

Samantha Baird

"ASIA is a blast and de-stresses me from my daily academic life. It is common in today's world to meet a person from another culture. So in future jobs, knowing these people helps you to help them based on what they think versus your opinions."

Kyle Hudencial

"ASIA has given me the opportunity to know students of similar cultural heritage and developed my leadership on campus. The college environment fosters an ability to learn about new things, whether it is culture, education, or anything else. Why not take advantage of these chances?"

Top: Jessica Okamura takes charge of a game at Poker Night.

Right: Samantha Baird plays roulette at Poker Night.

Jesse Nguyen shows us the art of using chopsticks at L'Asie Fusion Bistro.

Bottom: ASIA's Poker Night was a special fundraiser for the Somaly Mam Foundation, an organization that helps prevent human trafficking and sex slavery.

ASIAN STUDENTS ASIA

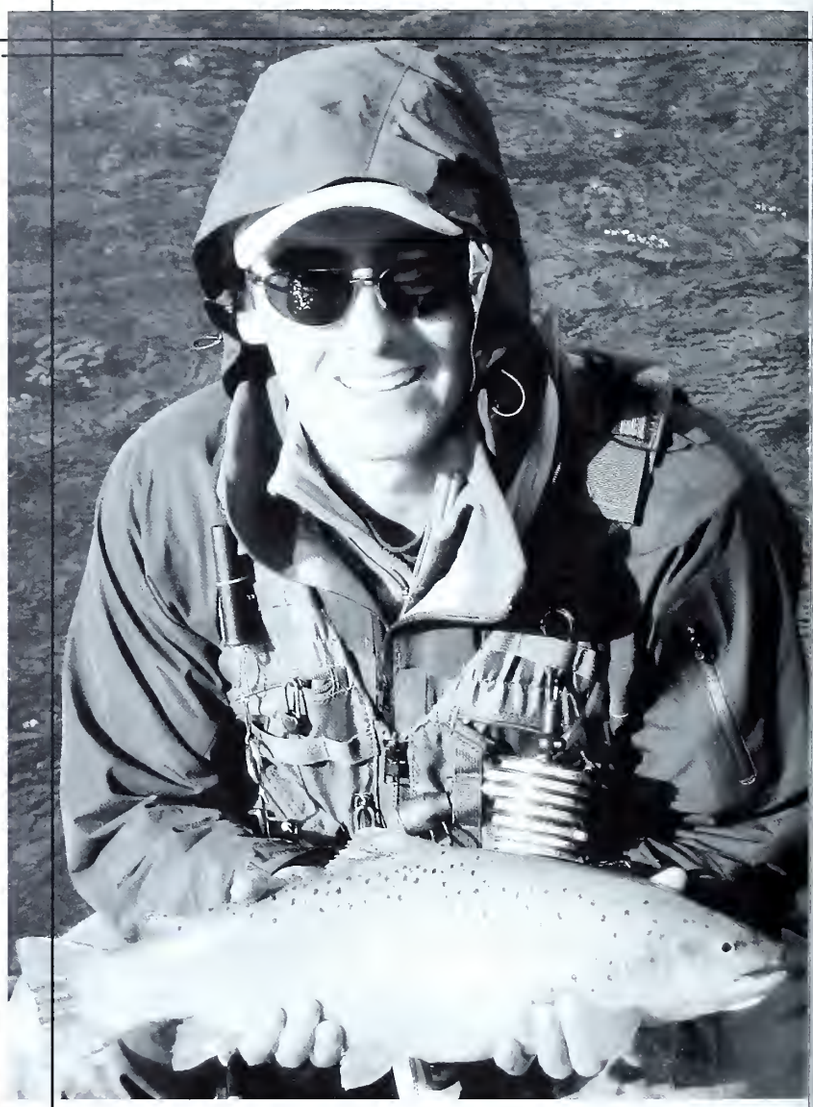
The mission of ASIA is to foster diversity, eliminate ignorance, and educate others about Asian culture. The club promotes multi-cultural awareness by celebrating the Asian heritage, as well as addressing issues relevant to Asian society.

The club creates an atmosphere of community within Regis. Its friendly way of welcoming diverse members maintains this environment and allows students to network and form lasting relationships with people outside of their own background.

ASIA has helped many students appreciate Asian culture. There are a number of different ethnic groups to discover through the club. ASIA will never cease to be a worthwhile learning experience.

Right: Dan Duehren at the Gunnison River during the fall salmon run.

Bottom: You can't deny the fact that Carlo Ritschl has mad fishing skills.



Top: Bill Dong, President of Angler's Alliance, shows off what he caught on the club's trip to the Frying Pan River over fall break.

ANGLER'S ALLIANCE

Hebert Hoover once rightfully claimed, "Fishing is a constant reminder of the democracy of life, of humility, and of human frailty. The forces of nature discriminate for no man." By allowing students to learn about the most spiritual of human endeavors, by furnishing an opportunity to present the fly on Colorado's rivers and streams, Angler's Alliance lets students seek greater communion with nature. This year the club fished the Gunnison River, Clear Creek, the Frying Pan River, Cheesman Canyon, the Blue River, and Bear Creek. The Angler's Alliance also sponsored a number of river cleanup projects on local rivers.

Right: Maureen McDaniel isn't scared of fish! She is actually quite fond of these aquatic creatures!

Left: Skiing is a strenuous workout. Climbing up requires muscular strength and going down requires balance.

Bottom: Don't forget to bring both sunglasses and gloves when you ski!

Sarah Moran is pretty much a ski guru. She's the perfect tutor if you're a beginner!

Kevin Hurd returns from a cross-country ski trip at Eldora Ski Resort outside of Boulder.

Ski Club

It's impossible to be in Colorado without hitting the slopes! If you want to have an uplifting experience with lots of acceleration, come join Ski Club and their trips to the ski areas throughout the state's snowy mountains, including Winter Park, Loveland, Eldora, and various others. The best part is that you don't have to have experience. If you need help with any part of skiing, whether it's how to stop or how to handle the most extreme jumps, Ski Club will gladly assist you and give you any tips and tricks they can. The club undoubtedly has some of the best skiiers in the state!

Left: Rose Aspholm doesn't feel the sun's warmth but definitely sees its brightness in the snow!

Right: Shy Guy believes that skiing is quite an adrenalizing pastime.

Right: Adventurous OAP students climb high on the rocks in Canyonlands.

Bottom: Moryah Schindler and Allison Philbin take a break from all that hiking. Ahh...nature.

OUTDOORSY FOLK

Norbert Steinbock

Norbert is secretly Spiderman, shh!

Mickey Smith

To Mickey, rock climbing isn't a piece of cake...or is it?

Jon Landolfe

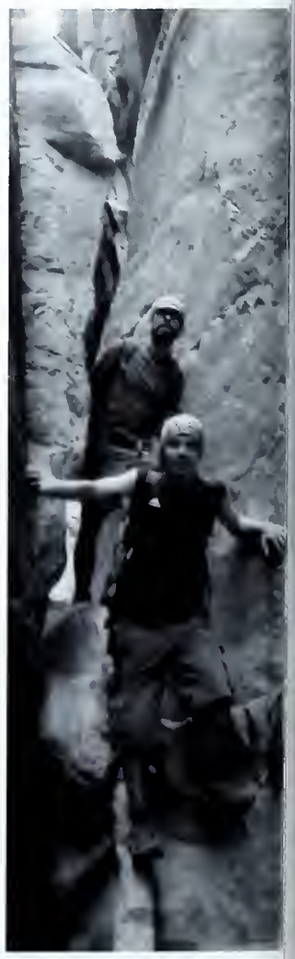
Jon is literally hanging in there.

Meggie Lawson

Anything men can do, women can do better!

Top: A glimpse of the spectacular rock formations in Canyonlands.

Right: Tim Micek and John Rafferty explore the vast canyons of Utah.



Left: The group on their trip to Mt. Harvard, the third highest mountain in Colorado.
Bottom: OAP enjoyed their Fall Break trip to Canyonlands National Park in Utah.

OAP

In Colorado, it's impossible to avoid stepping foot in the great outdoors. But the Outdoor Adventure Program is more than hiking and sightseeing. It utilizes the Ignatian tradition of "Finding God in all things" through the environment. The program helps students develop a deeper understanding of the wilderness with experiential, adventure, and environmental education. Their activities are intentionally designed for spiritual reflection as well as leadership development. The program offers workshops, personal skill training, professional development, spiritual growth, and experiential activities.

With OAP, not only can you enjoy the gorgeous Colorado atmosphere, but you are given the opportunity to explore your spiritual life as well. This year's trips included the Family Weekend bike ride, a backpacking trip to Mt. Harvard, and Fall and Spring Break trips to Costa Rica and Canyonlands National Park.

The Rock Climbing Competition was serious business. From the moment you mounted yourself on the wall to the moment you reached the top, you had to remain physically and mentally focused.

Right: Tye works on her masterpiece for the yearbook cover competition, for which she won a $75 gift card!

Bottom: Stacey helps Allison name students in her captions.

Yearbook Gurus

Tye Delaney

"As the Sports Editor, my favorite part of yearbook is the photography. I had to learn about being quick and ready to get a great shot! I enjoy being part of something that will remain with Regis students for the rest of their lives."

Noe Neal

"I wanted to be a yearbook editor because I wanted to experience Regis from a different aspect. It has helped me meet new people, and my favorite part is seeing the the finished product--it looks so cool!"

Nicole Gendill

"I like doing scrapbooking and the yearbook is a lot like that. I love photography too. Also, I have met new people that I would not have talked to if I had not been in yearbook."

Kelly Rawlins

"As the Academic Section Editor I visit a variety of classes. Yearbook has been a great tool for me in figuring out what teachers and classes I want to take in the future."

Top: Noe and Jackie laugh hysterically on individual portrait day.

Right: Kelly shows off her mastery of the game. What is she supposed to be?!

Left: Jackie Fulkrod, Allison Riley, Noe Neal, Tye Delaney, and Kelly Rawlins at a restaurant on the retreat in Dillon.

Bottom: Tye, Noe, Nicole, and Kelly strike a sultry pose.

YEARBOOK

Throughout the year, six eager journalists have worked behind the scenes to capture life at Regis. They have taken pictures of your most exciting moments and spent hours learning about your club, sport, or favorite class. These ladies have worked hard to meet every single deadline, and here is the finished product.

In between the picture taking and caption writing, these ladies have also made sure to set aside time for intermingling. Some did not know each other, so activities such as their retreat to Dillon, Trick-or-Treat Street, and Operation Christmas Child have transformed them into friends.

But in the end, all of our work is dedicated to you. We have achieved our goal of producing not just a simple yearbook, but a book that embraces the value of who YOU are in our community at Regis University.

"I absolutely love it when the staff meets a deadline! I feel very thankful to have such hardworking editors. The biggest strength we have is our dedication to provide quality work. We all have the passion to create pages that truly represent the essence of our theme."
--Editor-in-Chief Jackie Fulkrod

Right: Editor-in-Chief Maricor Coquia checks for mistakes in an issue of the Highlander.

Bottom: Jimmy Sengenberger was lucky enough to be the only male on the staff.

LOVEABLE WRITERS

Maricor Coquia

"It's great to see the staff put in effort, but it's also fun to have a crazy staff when work gets tough. Our biggest strength is our willingness to work together to make this paper better."

Angela Shugarts

"I live off campus, so it's been nice to meet people who share the same interest as I do in writing. I've gotten to know the staff very well. All of us have a passion for writing and being creative."

Emily Sloan

"Newspaper is like a marriage--although you get annoyed with it sometimes, you still love it. Seeing others work hard makes you want to work hard as well. Newspaper has also helped me be aware of more events happening on campus."

Jimmy Sengenberger

"With the Highlander, you have the freedom to choose how to express views on different topics at different lengths as opposed to being dictated. This freedom is unique and one that I enjoy having."

Top: The Highlander ladies on a typical day at work.

Right: Our newspaper is so cool that even President Barack Obama reads it!

Left: Sticks and stones could never break the bones of the Highlander staff. They're hardcore.
Bottom: The staff models their masterpiece. Hard word certainly pays off!

HIGHLANDER

The Highlander is a weekly publication that keeps students, faculty, and visitors up-to-date on everything that's happening at our busy campus. In the hustle and bustle of our daily lives, the staff does a stupendous job on keeping us informed.

The Highlander is a student-run newspaper, available free of charge at several locations on campus as well as online at http://www.regishighlander.com. All the magic of reporting takes place in their office, located in the basement of the Student Center.

Each issue of the Highlander contains articles that are bound to spark your interest and keep you entertained. Special coverage from this year included the 2008 Presidential Election as well as the new sustainability program.

Showin' Emily some love! Aww, the staff really is one big happy family.

Right: The walls that surround the studio are covered with records and posters galore!

Bottom: The studio lurks in the basement of the Student Center, but you definitely won't miss the walls leading to it!

FEATURED DJ'S

Liz

Although mysterious, Liz will satisfy your musical cravings! "My show is special because you never know when it'll happen. The mystery mix of hip-hop, indie, alternative, electronica and other genres makes for an exciting auditory treat."

Shy Guy

Shy Guy broadcasts his eclectic mix of music and comedic banter twice weekly to an audience of millions, though few will ever know his true identity. Only now will the general public be able to view the anomaly that is Shy Guy, in action.

X-Tina

X-Tina plays a variety of music every Monday and Friday from 4-6. If you're passing by the Student Center and hear a melodious blend of pop, rock, latin, and hip hop, X-Tina must be in action in the studio.

Tom Mac

Even though he is not a student, Tom hosts a delicious show every Tuesday at 6, called "Tuesday is Pizza Day." Sponsored by Basil Doc's Pizza, students can listen to Tom eat pizza and win their own share as well.

Top: Special guests make each radio show even more engaging than it already is!

Right: With all the controls in the studio, it takes serious talent to make sure everything runs smoothly.

Left: Jessica Tan and Mirasol Moncada enjoy themselves on air during their show, "The Rice and Beans Show."

Bottom: KRCX was the only college radio station in Colorado that was given permission to cover the Democratic National Convention.

KRCX

93.9 FM

uring the week of the DNC, KRCX conducted numerous interviews. Students unable to ttend the Convention were fortunate to have this coverage!

Whether you are strolling down to the Grille for coffee, playing frisbee on the quad, or going to the library after dinner, you will always hear music coming from the speakers outside the Student Center.

Without KRCX, it's no doubt that campus life would be humdrum. Not only is it a source of entertainment, but of education and news as well. KRCX has covered various social events, including concerts, shows, interviews, sports, and this year, the Democratic National Convention. Although the studio hides in the basement of the Student Center, KRCX serves both the students of Regis University as well as the community of North Denver. It broadcasts around the clock, and can even be heard online at http://academic.regis.edu/krcx.

The station has been rated as one of the top college radio stations in the nation by the College Music Journal. KRCX will always be one of the best media sources for Regis students.

LAS BUENAS PERSONAS

Andrea Minhas

"I joined Mi Gente my freshman year and met some of my best friends through the club. Seeing Mi Gente grow and helping it grow has become my passion."

Whitney Lovato

"When I joined Mi Gente, I felt welcomed and enjoyed the topics they presented. Mi Gente has helped me become a leader and be more aware of my own identity."

Patty Moncada

"In Mi Gente, students can network with all types of people and become deeply involved with Regis. The conference that we went to motivated me to continue doing that."

Michelle Bryan

"I enjoy the cultural activities in Mi Gente--the Diversity Dialogue was great! Everyone should take interest in all cultures and be open to learning."

Top: The left side of the table at Cebiche, a Peruvian restaurant.

Right: The right side of the table at Cebiche.

Left: Hispanic culture takes action in front of the Student Center during a lively performance.
Bottom: Salsa time! Students get a taste of spice for a salsa contest.

MI GENTE

MY PEOPLE

Mi Gente's mission is to promote awareness about the Hispanic culture around the Regis campus. With over 20 members Mi Gente has accomplished many things over the past 5 years. During meetings they partake in various activities from watching movies to making edible arts and crafts. In 2007, Mi Gente members attended "A Bowl of Beings", a play put on by Su Teatro, a Latino theater here in Denver. In 2008, seven Mi Gente members traveled to Chicago to participate in the United States Hispanic Leadership Institute's 26th Annual Conference. In November of 2008 Mi Gente collaborated with University Ministry in order to hold the second ever bilingual mass here at Regis. Mi Gente also plans various activities for Hispanic Heritage Month every year, such as live performances from mariachis, folkloric and Aztec dancers, and delicious barbecue's. During the 2008 election Mi Gente partnered up with Voto Latino in order to encourage students and Latino's to vote. Mi Gente will continue to find innovative ways to educate the Regis Campus about the different aspects of Hispanic cultures.

These lovely Mi Gente ladies had a wonderful time at the Voto Latino event at Club Theorie.

Right: Megan Quilliam and Derek Miller drift off into their own worlds of melody when wearing headphones.

Bottom: Derek Miller serenades Erin Tiernan with his graceful piano playing.

MARVELOUS MUSICIANS

Megan Quilliam

"We try to make Music Club all-inclusive, so it's not just for music majors. We help students get together to see, experience, and play music through activities in and around Regis."

Erin Tiernan

"Music Club has helped me collaborate with others and get involved with the entire school. I am also more knowledgeable in leadership and organizing skills that will help down the road."

Derek Miller

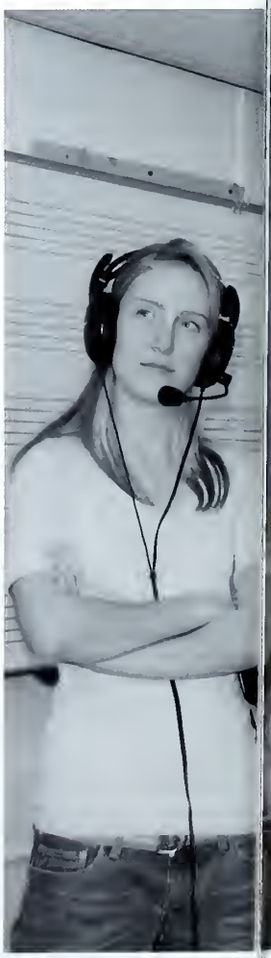
"I wanted to be involved with music other than just ensembles. We have a specific goal of finding ways to use music to inspire others. It's been nice to form relationships with people who have the same interests."

Kristin Crocker

"Music Club has given me the ability to enjoy music and bring it to the campus. Everyone can be involved with it and use their talents to help others. The club strongly represents what our school stands for."

Top: This simple task does not require any effort whatsoever for Megan Quilliam!

Right: Erin Tiernan's headphones allow her to enjoy majestic sounds in stereo.



Left: Derek Miller not only plays the piano, but conducts symphonies as well!
Bottom: Music Club's first members encourage anyone with a mere interest in music to join the club.

MUSIC CLUB

As a new club this year, the mission of Music Cub is to foster and enrich a culture of music on the Regis University campus. The club provides a community for all students with an interest in music, even if they are not in the Music Program. For those who are in the Music Program, the club enhances the academic study of music though off-campus activities such as concerts. Additionally, the club establishes a network of contacts within the music profession to be used by students.

Music Club has visited Little Sisters of the Poor, a home for the elderly near Regis, to play some music for the people there. The club also visited Swallow Hill Music School to attend a Peace concert in December to celebrate the holidays. The Regis Music Club shall continue to inspire students to do good things through the simple harmony of music.

Derek Miller, Chris Liley, Amanda Tapia, and Erin Tiernan at Swallow Hill Music School for the Peace Concert.

Right: Sharing some insight with BSA and other students at a Diversity Dialogue.

Bottom: BSA students and supporters show appreciation for how much African-Americans have achieved throughout history.

Students discuss their perceptions on what truly defines and shapes "black."

Right: Diversity coordinator Sajit Kabadi, left, loves to see students enjoy themselves at Diversity Dialogues.

Right: Sandra Mitchell, the Assistant Provost for Diversity, was proud to be with the club to march at the MLK Day parade.

Left: BSA celebrates at the African Cultural Awareness Fair.

Bottom: BSA joined to honor the legacy of Martin Luther King, Jr. at the MLK Day Parade.

Black Student Alliance

The mission of BSA is to break down black stereotypes and prejudices while providing a safe, family-oriented group for those open to learning about African culture.

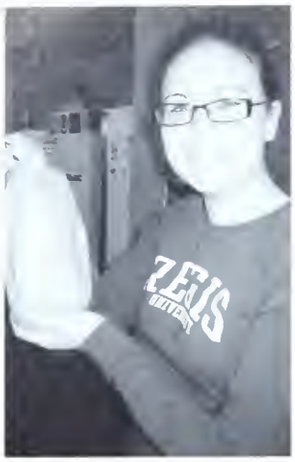
BSA was especially active during Black History Month. Some of its February events included Mayor Wellington Webb doing a keynote presentation, Diversity Dialogues, an African Cultural Awareness Fair, and Mercury Café Poetry/Open Mic.

BSA is one of the clubs that aids in promoting diversity on the Regis campus. Anyone is welcome to the meetings and to help continue its objective.

For Black History Month, BSA attended a Diversity Dialogue titled "Black Is, Black Ain't: A Dialogue on Race."

Right: Jenna Gerber displays one of the many loaves of bread that J-CRU packaged.

Bottom: Kristin Crocker, Becky Rosendale, and Brittany Booton take a break from organizing food boxes.



THE CREW

Lauren DeRosier

J-CRU's treasurer is passionate about getting the club involved in the best service projects.

Rebecca Rosendale

Becky is an asset to J-CRU because of her photography and writing skills.

Connie Huber

Connie's leadership skills make her a perfect fit for the club as well as its service projects.

Heidi Marquez

Heidi always keeps the club enthused with her positive attitude.

Top: Brittany Booton enthusiastically unwraps a delicious looking loaf of bread.

Right: Katie Knez enjoyed participating in the Colorado AIDS Project, a program that collected food donations for the holidays.

Left: Becky Rosendale, Abigail Smedly, and Brittany Booton discuss a strategy for preparing the food packages.
Bottom: Jenna Gerber and a friend spend time packaging food for the food bank's clients.

J-CRU

The mission of J-CRU is to spread the Gospel of Jesus Christ through fellowship and service as an interdenominational Christian organization. It is a religious club where all are welcome.

Sometimes college life gets so busy that we may forget religion. But here at Regis, we realize that it is an important part of our lives. J-CRU holds fun activities that helps Christians create a fellowship with one another, including volunteer service projects.

J-CRU is the perfect club to join if you want to help the community while spreading the word of Jesus. This close knit group shall continue to bring students together for that purpose.

What's in the box? J-CRU spent a majority of their time repackaging food into smaller quantities so that the food bank could distribute it to their clients.

Right: Tiffany Myers designs her own mask, revealing her deepest emotions.

Bottom: "UnMasked: What Happy Faces are Hiding" engaged students in the sensitive issue of mental health.

MINDFUL SOULS

Tiffany Myers

"I feel like I am part of something beneficial to others and myself. Mental health is not something to hide; we all have questions, fears, and misunderstandings. Active Minds helps students address these and know how to handle them."

Elizandra Martinez

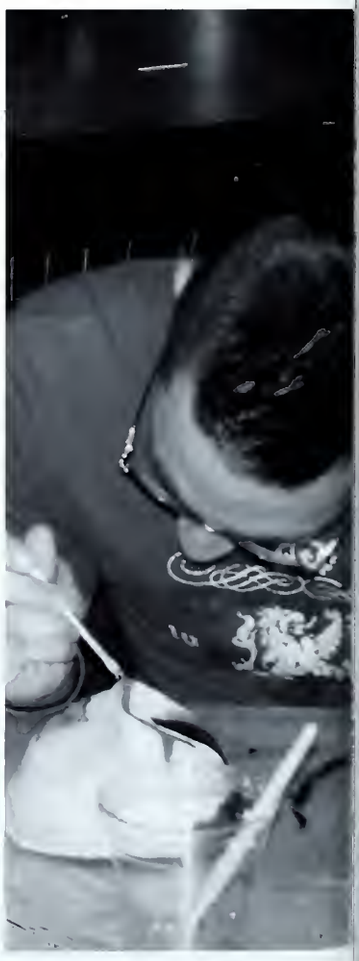
"As someone who has fallen into the darkness and lost loved ones to the demon of suicide, I can see how important a community of awareness and support is needed. Regis students should all be take part in stopping this demon so that we can just maybe save a life."

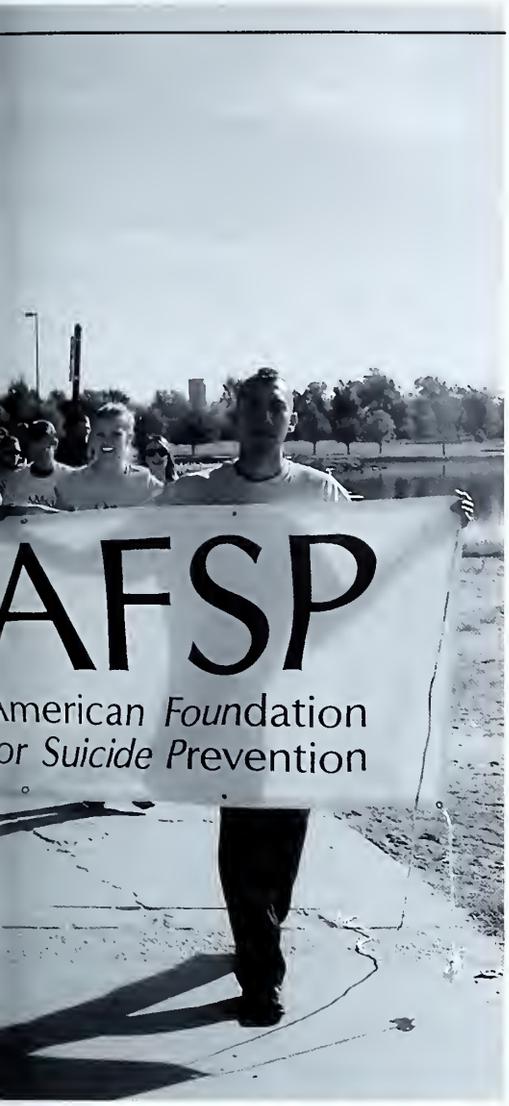
Ryan Gold

"I am aware that the young today are the future tomorrow. I have had the opportunity to participate in walks that would change anyone's life. It has really opened up my eyes. Mental health is not something we can simply avoid... We have to be aware."

Top: Bethany Hyatt shows enthusiasm in participating in the Out of Darkness Community Walk.

Right: Students created unique masks as personal expressions of their emotional experiences.





Left: Active Minds participates in the Out of Darkness Suicide Prevention Community Walk.

ActiveMinds
AT REGIS UNIVERSITY

ACTIVE MINDS

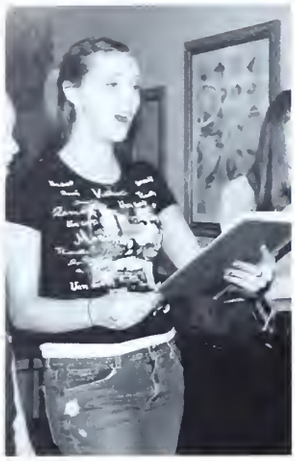
Active Minds is a non-profit group based out of Washington D.C. Regis has opened its own chapter, and its goal is to destigmatize mental illness by promoting positive discussion of mental health issues; and to create a better life for all who suffer.

Active Minds thrives on the energy and dedication of young adults who fight against the negativity associated with mental illness. They educate, enlighten, and empower students to ensure their own mental health before it reaches a tragic stage.

Regis students believe that suicide and other mental health issues are important to discuss on college campuses. Active Minds will continue to reach out to many young people through programs, speakers, and other various events.

Gio Zoller and Jackie Ganfield became close friends at the Out of Darkness Community Walk.

Right: Anything you can do I can do better...and that includes singing this song!



Bottom: These enchanting ladies model with their parasols for a number in "Annie Get Your Gun".

THE THEATRICALLY TALENTED

Craig Hale

Craig can wear any "hat" he wants in a production. His personality makes him fit numerous roles!

John Mackey

John loves being part of the Ramblers and always thinks positive during rehersals.

Angela Mendez

Angela can always be found with a script in hand...except on performance night!

Jared Marostica

Jared has a photographic memory, so knowing his lines is a piece of cake!

Top: Knowing the stage directions is very important to a perfect performance.

Right: Practicing for the show in the dining hall...can't forget my line!

Left: Some suave-looking Ramblers perform "Greased Lightning," a classic from the last year's production of Grease.
Bottom: Another classic tune, "Summer Nights," is performed by dolled-up and talented gals.

RAMBLERS

If you didn't get enough drama in high school, check out the Regis Ramblers! The Ramblers is a theatre club that performs plays in the Dining Hall each Spring.Through music, scene and drama, this group of dedicated people lives a passion for acting, singing, or just clowning around.

The 2009 production was "Annie Get Your Gun", a classic Wild Western musical. In the past the Ramblers have also performed plays such as Footloose, Grease, and many more.

If acting, singing, and dancing has always been your forte, come join the Ramblers in producing spectacular shows! Everyone who wants to be involved is always cast.

imber Kirwin helps critique a rehersal of a musical number for "Annie Get Your Gun."

Right: MORE went on a Men's Retreat to explore spirituality with the dudes.

Bottom: The men of MORE tutor several students at Arrupe Jesuit High School

Left: Joe Vuletich passes on some valuable advice to a fellow male.

MEN OF REGIS ENERGIZED

Men of Regis Energized (MORE) is a newly established club whose mission is to provide men with a variety of opportunities that will positively enhance their college experience. Any man who joins MORE will be guided by the club's seven principles: Spiritual, Self, Service, Scholarship, Social, Sacrifice, and Strength.

MORE has brought Denver Archbishop Charles J. Chaput to speak on campus, as well as Don Gallegos, former King Soopers CEO. MORE plans to continue holding various events to benefit and energize the Regis man.

Bottom: Pete Johnston starts a warm fire for a cold night on the Men's Retreat.

Top: Jean Laubinger, Robert House, and Haley Kaesman broke the ice on one of the club's outings.

Bottom: EROS advisor Dr. Eve Passarini, Robert House, Elizandra Martinez, and Greta Smith show spirited appreciation for diverse orientation and sexuality.

EROS

EROS, or Education Regarding Orientation and Sexuality, is an all-inclusive group that hopes to spread acceptance for all students, faculty, and staff regardless of sexual orientation or gender expression. Students can come to the meetings with any questions, concerns, or just a general interest in diverse sexual orientations. The club has a warm, welcoming atmosphere that contributes to the neighborly atmosphere at Regis.

Left: Mike Maher visits an EROS meeting to converse with the club about various issues regarding orientation and sexuality.

H-SAC

The Honors Student Advisory Council is a forum for students in the Regis University Honors Program to come together and plan community-based events, service projects, and have a say in the operation of the honors program.

Katie Cunningham, Megan Quilliam, Matt Drake, and Chelsea Coalwell are all brilliant assets to the Regis honors program.

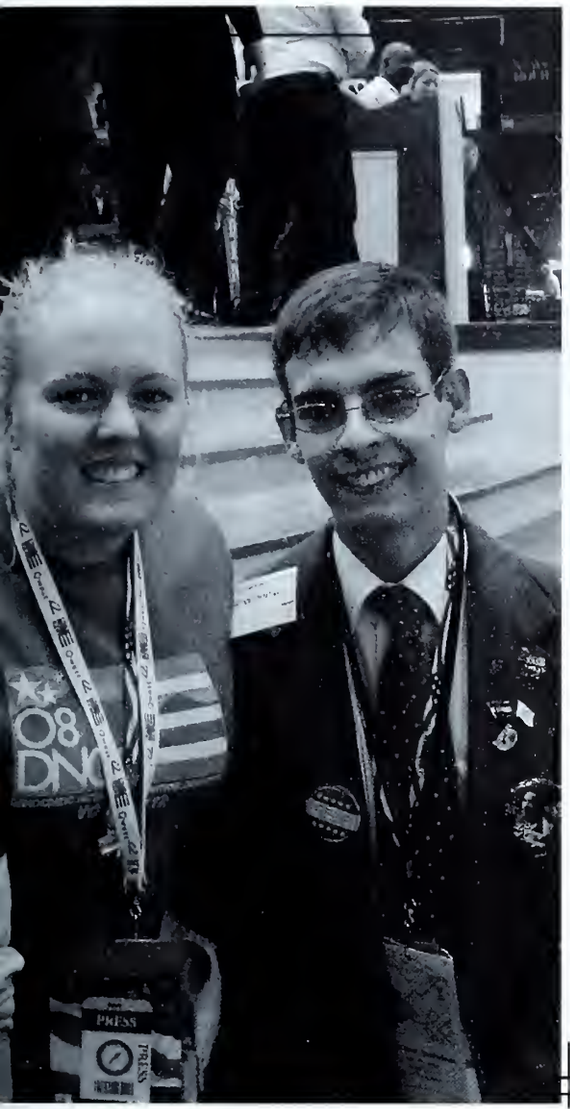
ALPHA EPSILON DELTA

Alpha Epsilon Delta is a pre-professional health honor society that gives students information about health professions such as M.D., D.O., pharmacy, dental, physical therapy, etc. Speakers from these professions come to the meetings and give presentations. The club also holds service learning projects, including clothing drives, fundraisers for health issues, and community clean-up.

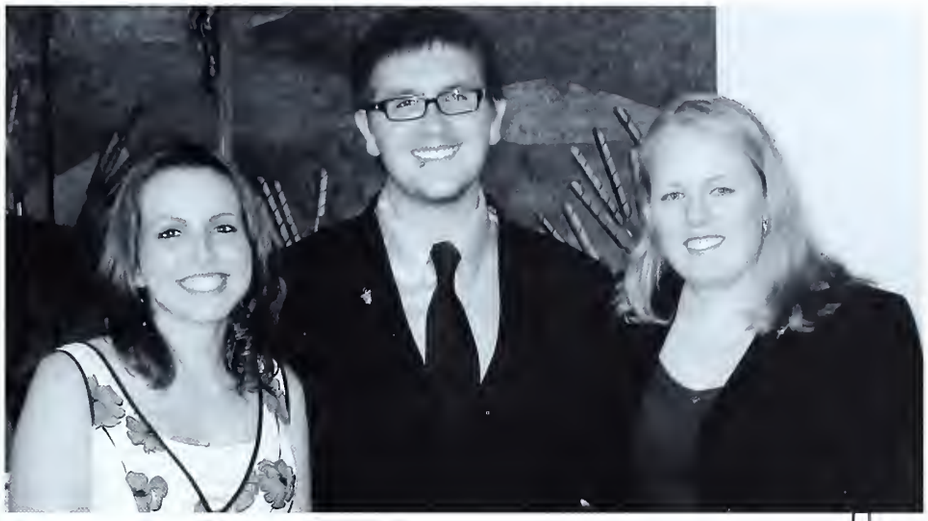
The first Alpha Epsilon Delta meeting had a wonderful turnout.

Top: AED students are intrigued by the idea of getting an inside look at health-related careers.

Right: H-SAC member Dylan Jacoby successfully stole a sign from the group's conference in Maryland.



Left: H-SAC members Erik Meddles, Chelsea Coalwell, Pearl Shields, and Michael Mudd at the Democratic National Convention. Bottom: Crystal Kay, Zach Owens, and Pearl Shields at the induction ceremony for Alpha Sigma Nu.



ALPHA SIGMA NU

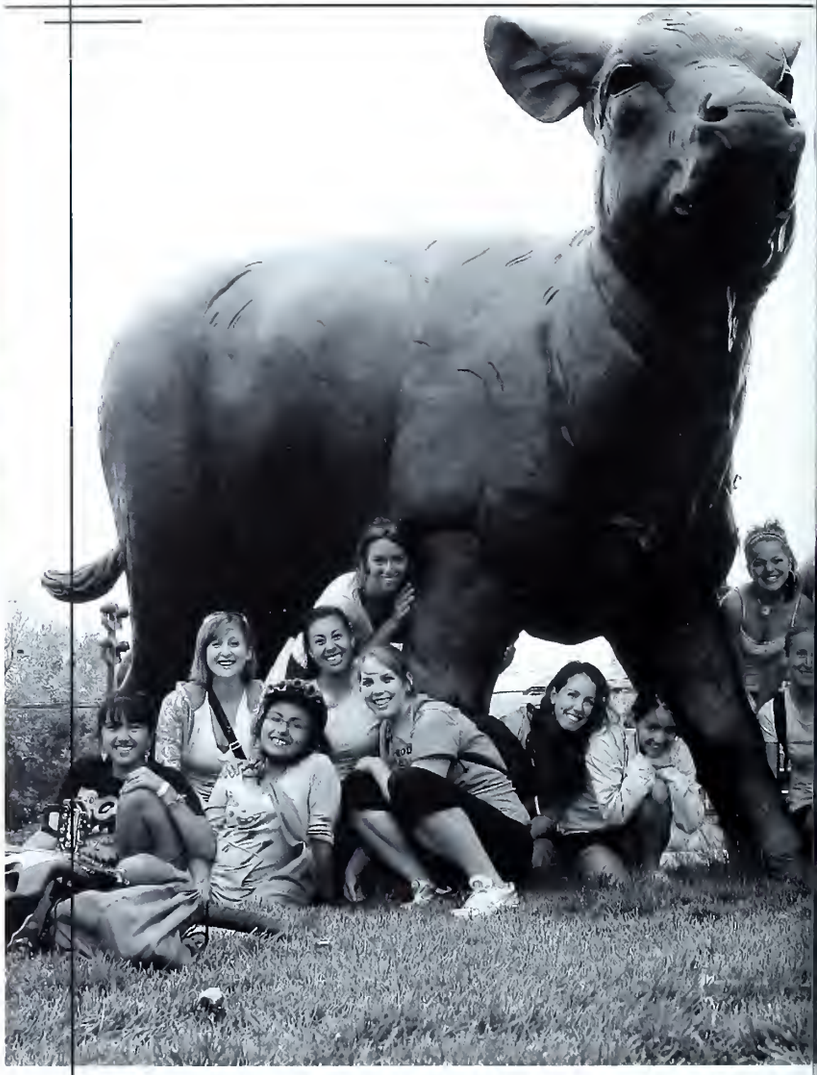
Alpha Sigma Nu is the national honor society of Jesuit colleges and universities in the United States.The club identifes students who commit to the ideals of the Jesuit tradition. The Regis chapter specializes in carrying out the Jesuit vision of St. Ignatius Loyola through activities such as tutoring services, honors convocations, seminars, outstanding teacher awards, and community service.

Sarah Moran delivers a sophisticated speech at the induction ceremony for Alpha Sigma Nu.

Drew Jones and Maricor Coquia, members of Alpha Sigma Nu, at the University of Notre Dame. Together with Pearl Shields, they were 3 of 24 students nationally to attend the Erasmus Institute Summer Seminar.

Right: Adam Barajas and Megan Tschope prepare to slide down the epic Alpine Slide in Golden.

Bottom: Mmm...the cupcakes at Yum Yum's cupcake bakery fulfilled any sweet cravings.



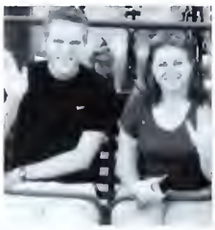
SPIFFY SWAG-ERS

Will Gohl

Will is a kid at heart, shown as he still manages to fit inside this car.

Kevin Hurd and Amanda Gustafson

Kevin and Amanda wave as they lift off toward the sky.



Emily Dufficy and Sarah Moran

Emily and Sarah gear up for their ride home.

Kelsey Schmidt

Kelsey was glad that she made a safe arrival off the Alpine Slide.

Top: Joe Vuletich and Danielle Trollinger relive their childhood on a kiddy ride near the Alpine Slide.

Right: Joe Vuletich, Sarah Moran, and Sheila Hoag are all-smiles on the Alpine Slide!

Left: SWAGers made the cows by the Denver Art Museum famous.
Bottom: SWAGers will never forget the unique experience they had at Bump 'N' Grind, a brunch restaurant in Denver.

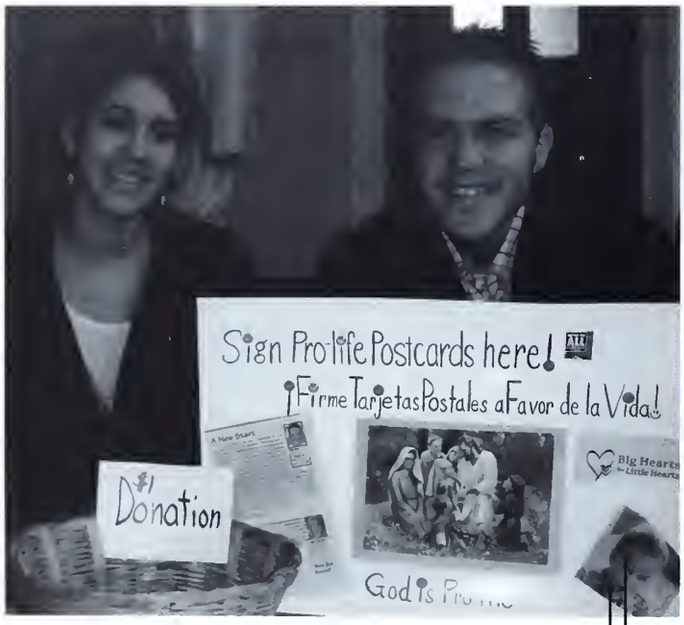
STUDENT WEEKEND SWAG ACTIVITIES GROUP

Got nothin' to do this weekend? Hop on one of the Regis vans and come on an adventure with the SWAGers! The SWAG program provides activities for students to do every Saturday. They can range anywhere from simple outings such as movies, dinner, or ice skating, to more unique outings such as a trip to Jump Street, a fun center made of nothing but trampolines. Basically, SWAG can hook you up with any sort of weekend entertainment you can think of.

Sign up to be SWAGer in the Office of Student Activities, so you can be one of the cool kids who actually do other things besides homework on weekends!

bunch of SWAGers return on the Regis vans from a Saturday of fun-filled events.

Kevin Hurd and Kristen Crocker advocated against the Freedom of Choice Act, a proposed Congressional bill that the pro-life movement opposed.



LIFE-CONSCIOUS MEN & WOMEN

Kristin Crocker

"I started Students for Life because I wanted to encourage justice and equality on campus. Everyone deserves dignity and respect. If we don't start with children, how can we start anything else in life? We shouldn't perpetuate a culture of death."

Kevin Hurd

"We're all part of the body of Christ and life is our greatest gift from God. Yet it is being destroyed so we strive to raise awareness about it. I believe that God works through our rosaries and prayers to touch others."

Amanda Gustafson

"I joined Students for Life because I consider myself a die-hard Catholic who takes life very seriously. I believe every child has a right to live. At Regis it's great to have a club the represents life and its issues."

Dan Van der Vieren

"Students for Life is a small, intimate group so there's lots of potential for it to make an impact. Life is short but we're here to make a difference, share with others, grow together, and love one another. That's what we're called to do."

Top: Amanda Gustafson and Dan Van der Vieren reflect about the importance of each breath that we take as we mature.

Right: As the club's founder, Kristin Crocker reminds students about the preciousness of life.

Left: Coming together to stand for fairness and tolerance of life.

Bottom: Students for Life urged members of St. Dominic Parish to Church to oppose the Freedom of Choice Act.

TUDENTS FOR LIFE

Students for Life started this year as a club that is committed to upholding the dignity of life, from conception to natural death. The club is dedicated to educating the Regis community on life issues such as abortion through talks, flyers, prayer, rosaries, and other programs.

The club believes that society is overlooking the gift of life and children that are being born; thus it strives to help students gain a greater appreciation for their own lives and support each other in recognizing that they have a right to live.

Kristin Crocker and Amanda Gustafson were proud to see people sign the club's petition. Their signatures went straight to Republicans in Washington DC.

Right: You don't have to be a leprechaun to know how to dance like this!

Bottom: Feel the luck of the Irish with your friends as you swing to a traditional Irish tune.

ROCKIN' ROCK WALL CLIMBERS

Zach Zeismer

Zach knows that the secret to successful rock climbing is all in the technique.

Robert Quick

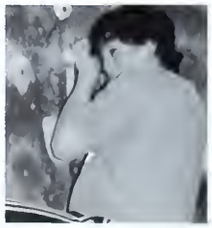
Robert can effortlessly climb the rock wall with speed (hence his name!)

Liz Kitchen

Liz is an avid rock climber who never stops until she reaches the very top.

Mike Detty

Mike shows us that rock climbing is both mentally and physically demanding.



Top: Yoga instructor James Kunz shows students how to stretch properly while keeping balance.

Right: Kickboxing instructor Brittany Bergquist "steps it up" a notch by using a stepboard in her workout.

Left: Every Tuesday night, a group of energetic ladies liven up the fitness center with some kickboxing.
Bottom: Yoga stretches muscles in your body that you normally don't get to stretch.

PHYSICAL FITNESS

Sure, the Fitness Center has a ton of cardio equipment to use and weights for you to lift, but have you ever considered other, more interesting ways to burn calories?

The Fitness Center offers yoga, kickboxing, pilates, Irish Dancing, self-defense, rock climbing, and other activities that will make you exercise in ways you never have before! There is a different class on each day of the week, so instead of doing your usual 30 minutes on the treadmill, change your workout routine by trying one of our many unique fitness sessions. The instructors are awesome and will gladly teach you everything they know!

Irish Dancing is a great way to burn calories! Not to mention it will give you something to do on St. Patrick's day besides wearing green.

R U READY

SPIRIT
RU
A RANGER ATHLETE?

Drive, Intensity, Power, and Strategy all make for the spirit of a Regis University Ranger. The athletes on the field proved their dedication to their team, fans and most importantly to themselves. They defined Ranger spirit and pride both on and off the field.

A FAVORITE MEMORY FROM YOUR SEASON?

"Winning the RMAC tournament. We came together as a team, and played our game. It was very surreal. the greatest moment was seeing the reaction from all of the girls, it was priceless!"
Volleyball: Jessica Howe

A FAVORITE MEMORY FROM YOUR SEASON?

"The two weeks we spent in Germany for preseason. We all had a great time and it was awesome to experience a different culture."

Men's Soccer: Keegan Bast

WHY DO YOU ENJOY PLAYING YOUR SPORT?

"I have been playing for almost my whole life. I like golf because it's challenging and it's a game I can have fun with the rest of my life."

Men's Golf: Zach Johnson

WHAT WAS SPECIAL ABOUT YOUR SEASON THIS YEAR?

"I like the Hawaiian quote: "U'uku ka hana, U'uku ka loa'a" which means "little work, little gain." Our team has worked hard and we've accomplished so many things, including winning the RMAC Championship!"

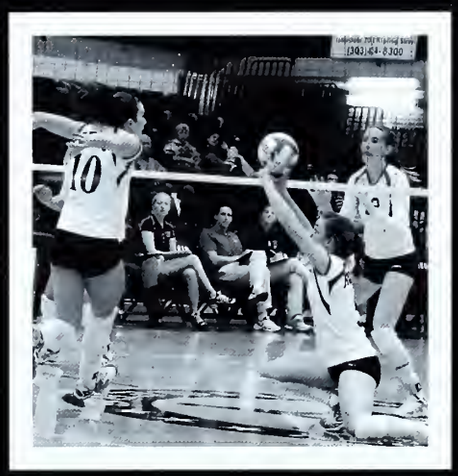
Volleyball: Casidee Young

ATHLETES...

ATHLETICS

Freshman Kyle Emge, proves that willpower is not lacking in the Ranger athlete on the field!

Excellent teamwork sets up senior Liz Franz to drive the ball back at the opposition!



Heather Thomas, junior, exemplifies the fine skills that proved why the Women's Soccer team had such an excellent season!

The team huddle was more than time to talk strategy, it was a time of team unity, where team spirit grew.

The Rangers undeniable intensity was proved every time they stepped foot on the game field. The team worked together throughout the season and fought hard in every battle to truly show what it meant to be a Ranger athlete.

MEN'S SOCCER

With the rumble of footsteps, the crowd in the stands looks out at the Ranger Men's Soccer team as they storm by. These Rangers never forgot to bring their unquestionable intensity, quick strategy, and team spirit to the far fields of the Regis campus. Through many early morning practices, and team trips, the guys quickly built a tight bond that could be seen both on and off the game field. Over the 2008 summer break, the Ranger Men's soccer team was able to take a group trip to Germany. They left the United States curious and unsure of what was ahead and returned with unforgettable memories and a blast of team morale! Player Matthew Gonzales recalls a favorite memory from the trip when "Andrew Munday, Ryan Brennan and I went to the public pool in Heidelberg after a morning training session. We simply walked in wearing our practice gear and went straight to a gigantic slide. Before we left we also made sure to jump off the high dive!" The team of men had many fun times during their group bonding and cultural immersion experience, and returned to the States for their 2008-2009 season fired up and prepared to show their Ranger pride out on the field. Their impeccable team efforts on the field proved that these guys would never let up without a fight. As player Anthony Barrack described, "I love playing for Regis University because we play tough, work hard, and compete to be the best. We win with pride and we play with class in order to represent what our school is about." The Rangers ended their season strong and never let up on the athletic passion, team unity, and die-hard drive they brought to every game.

Freshman Kyle Emge gives the game all he has and delivers the ball right to the net! Photograph courtesy of Brett Stakelin.

Senior Chris Camp dribbles the ball in order to elude the defense and score another point for the Rangers!

SCOREBOARD

OPPONENT:	W/L:	SCORE:
Incarnate Word	L	2-0
St. Edwards	L	4-1
Colorado Mines	T	1-1
Colorado Christian	W	2-1
CO St. Pueblo	L	3-2
Metro State	L	2-1
Midwestern State	L	4-2
Western Washington	W	5-4
Fort Lewis	L	2-1
Mesa State	W	2-0
UC- CO Springs	W	2-0
Metro State	T	1-1
Colorado Christian	W	3-1
Colorado Mines	W	2-1
UC- CO Springs	W	4-1
CO St.- Pueblo	W	1-0
Mesa State	L	2-0
Fort Lewis	L	5-0

Defense player Ryan Brennan, junior, goes in for a forceful kick to move the ball down the entire field to his teammates at the other end in hope to score another point for the Rangers!

Anthony Barrack, sophomore, controls the ball to move it down field to a teammate. He explains that he has "pretty weird rituals that I do before every game" which include "eating a VIVA burrito, taping both wrists, and wearing the shorter of my two socks on my right foot."

nior Matthew Gonzales sets up for a powerful shot at the goal during the atch against Midwestern State. "The thing that I enjoy most about soccer the intelligence that is required in order to perform well. When you learn play smart it is amazing how easy the game can become and how ccessful a team can be" said Gonzales.

Sophomore Sterling Copeland focuses on the task at hand, and quickly moves down the field with the ball. The Ranger team spirit proved to be tough to break in their headstrong season together.
Photograph courtesy of Brett Stakelin.

Junior Heather Thomas' passion and determination for the game are captured as she quickly moves past her opponent to steal the ball. Photograph courtesy of Brett Stakelin.

WOMEN'S SOCCER

The bleachers rumble as the starter Lady Rangers of the Women's Soccer team are announced and the players come running down the field to join their fellow teammates. Their everlasting Ranger pride and "in it to win it" attitude's are radiating from each of them as they take their positions on the field prepared to face-off against the on looking competition. These women may come across as sweet Regis students off the field, but once they step foot onto the grass, their inner intensity and unstoppable power comes blazing from within! These ladies proved during each and every battle for victory that it took hard work, countless hours of practice, and the Ranger drive to succeed while on the field. The ladies had a killer season with 15 wins out of 20 games upon entering the RMAC Championships! It was their coach J.B. Belzer's 13th year coaching the team, and helped to instill Ranger pride, team strategies, and individual progress in each of these victorious lady Rangers.

Sophomore Mallary Pillard moves in to pass the ball down field to a fellow teammate in hopes to score for the Rangers!

Freshman Shawnee Wood uses her head and dominates on the field in order to gain possession of the ball for the Rangers! Photograph courtesy of Brett Stakelin.

SCOREBOARD

Opponent	W/L:	SCORE:
Winona St.	L	2-1
Minn. St. Mankato	W	2-1
Grand Canyon	W	6-1
Washburn	L	1-0
Colorado St. Pueblo	W	4-0
Colorado Christian	W	2-0
Adams State	W	10-0
Metro State	L	6-0
Carson-Newman	W	3-0
Lynn	L	2-1
Fort Lewis	L	4-3
Mesa State	W	1-0
New Mexico Highlands	W	3-1
Colorado Christian	W	9-0
School of Mines	W	3-1
UC. Colorado Springs	W	4-1
Adams State	W	6-2
Mesa State	W	3-0
Fort Lewis	W	3-0
School of Mines	W	3-0
Metro State	L	1-0

Goalkeeper Holly Redmond, Senior, gives it all she has got in order to move the ball to the other end of the field!

Junior Lexi Tagen focuses on her strategy to evade the opposing teams defense. She described that her "teammates are like family...many of them will be my lifelong friends."

e Rangers practice excellent ball control and prove that teamwork is key success on the field. The girls had an awesome bond both on and off the ld, proving that Ranger pride goes a long way.

It only took one swift movement for Sophomore Katie Horn to elude the opposition as she prepares to pass the ball to a teammate down the field.

The Lady Rangers pace themselves at the start of another race! They run together within the pack before breaking away and getting ahead to come out on top! Photo submitted by Karoline Garren.

CROSS COUNTRY

The Regis Cross Country team displayed the very essentials to any athlete throughout their season. Their intense devotion, focus, and drive to achieve their goals both individually and as a team were evident at each race. A favorite memory described by Junior Sid White as he recalled the "ten mile run up Waterton Canyon. It was a hard run with the possibility of being attacked by mountain lions." The Rangers went running into the UNK Loper Open in Kearney, Nebraska strong after working hard throughout the season! The top finishers included junior Amy Smith in ninth place with a time of 23:34.50 in the 6K. Also, sophomore Matthew Drake came in 42nd place in the 8K with a time of 27:56.90. The Men's team also traveled to Indiana to compete in a difficult competition at the National Catholic Championships. Adrian Martinez came in 31st place against another 179 runners with a time of 27:30! Regis came out in 18th place out of the 24 other teams they faced off against. They fought hard, and achieved many honorable places in their races, propelling them on to the RMAC Championships in Grand Junction, Colorado. They conquered the mountainside and came out with a very successful season!

Training as a team at the park helped the runners enhance their endurance, skills, and most importantly team morale. Photo submitted by Jeremy Phillips, Sports Information Director.

These Lady Rangers hold a steady pace and encourage each other to push hard for their next race while practicing together at the park! Photo submitted by Jeremy Phillips, Sports Information Director.

SCOREBOARD

Joe I. Vigil Open
Women: 4th Men: NA

Notre Dame Catholic Invite
Women: 11th Men: NA

Rocky Mountain Shootout
Women: 6th Men: 8th

UNK Loper Open
Women: 6th Men: 8th

Left: The men and women cross country teams run around the practice feilds at Regis University. They challenge themselves and strive to beat person records and achieving personal excellence.

e guys charge head-to-head while training together at the park! They ped push each other to cross the finish line with an excellent time! oto submitted by Jeremy Phillips, Sports Information Director.

These Rangers know what it takes to come out on top and push themselves during each practice to achieve their goals of crossing the finish line with a faster time! Photo submitted by Jeremy Phillips, Sports Information Director.

Kacee Harris, sophomore, gracefully drives the ball toward the hole with all her power! Photo submitted by Jeremy Phillips, Sports Information Director.

GOLF

The Rangers Golf teams (men and women) proved that they were there for the competition and would bring their very best for the face-off! These students worked hard their entire season to improve their skills, grow as a team, and ultimately prove the Regis Rangers where not to be messed with on the golf course. During the first event of the RMAC Championships the Rangers came out strong to finish in fourth place. By the second RMAC Championships the Rangers fought their hardest and went away with seventh place. The Men's team competed in one of the most challenging tournaments in the country, the Grand Canyon Invite. They worked hard and came out in 15th place. The Women's team competed in the Ranger Invitational and came out with the title! They went on to grab ninth place in the RMAC Championship. Overall both teams proved that the Ranger golfers are more than students, but excellent athletes as well!

Junior Josh Wagner follows through after a strong swing at the ball! Photo submitted by Jeremy Phillips, Sports Information Director.

Sophomore Emily Einfeldt positions herself properly before pulling back to drive the ball towards the green! Photo submitted by Jeremy Phillips, Sports Information Director.

SCOREBOARD

Women's golf:

Grizzly Invitational 3rd/ 701
RMAC Event #1 8th/703
RMAC Event #2 (Quality Inn Maverick) 9th/ 728
Regis Invitational 3rd/ 706
RMAC #3 9th/ 726

Men's golf (fall 2008)

Regis/CSM Invitational 2nd/ 874
RMAC Event #1 4th/897
RMAC Event #2 7th/898
Minnesota St. Mankato Invite 10th/955
Grand Canyon Fall Invitational 16th/934

This Ranger draws her club back in excellent form before swinging it down to propel the ball with great force toward the hole! Photo submitted by Jeremy Phillips, Sports Information Director.

nior Natalie Blackburn watches after she drives her ball down the course vard her next hole. Photo submitted by Jeremy Phillips, Sports formation Director.

These two Ranger players discuss strategy before setting up in hopes to get as few strokes as possible! Photo submitted by Jeremy Phillips, Sports Information Director.

Matt Rosinski, Junior, swiftly passes up his defender and moves the ball in toward the basket!

MEN'S BASKETBALL

Team pride, intensity, and a true battle until the final buzzer sounds were what an attendee of a Regis Men's Basketball game could expect over the 08-09 season! These guys never walked off the court leaving their fans disappointed, they always brought their best game! They faced a difficult season start, coming within just a few points of their opponents, but the pace began to pick up after a few games and the ferocious Rangers were back! Against the Fort Lewis Seahawks, the Rangers were behind with a 38-31 score at halftime and in the second half gave it all they had until the final 9 seconds when Jason Burke-Kavros, Junior hit a three-pointer! During their season, guard Matt Rosinski, Junior was named Rocky Mountain Athletic Conference East Division Player of the Week while averaging 28.5 ppg and overall shining as a Ranger athlete. In the end the Rangers always proved that they knew how to bring their best team dynamic, precision technique, and athletic fight to the court for game time.

This Ranger got a hold of the ball and charged to the basket to make a layup and put another two points on the home team's score board!

Facing his opponent head on, Senior Andy Pokorny plots his next move to outsmart the defense and score another basket for Regis! Photo courtesy of Brett Stakelin.

SCOREBOARD *

OPPONENT	W/L	SCORE
Caldwell	L	63-59
CO. College	W	80-55
Newman	L	70-66
N.W. Nazarene	L	83-73
Seattle Pacific	L	61-56
Johnson & Wales	L	65-63
Fort Lewis	W	68-67
Adams State	W	73-72
Western State	L	75-72
Mesa State	L	78-69
Kan. Wesleyan	W	87-82
Peru State	W	99-53
Western N.M.	L	82-78
CSU –Pueblo	L	72-57
Metro State	L	86-72

* Through 1/20/09

Senior Gabriel Green works his position as point guard and looks to his teammates in order to pass off the ball and score another basket! The Rangers had excellent skills on the court and moved the ball a lot amongst their offense players.

Alex Potts, Junior, expertly works his way around his defender before setting up to shoot the ball and score another two points for the Rangers! The team's agility and work ethic during practices shone once these athletes stepped out on game night.

seph Odugbela, Junior, looks ahead to his teammates while they work a ay to get open and receive the pass! Photo courtesy of Brett Stakelin.

Junior Jason Burke-Karvos quickly looks to pass the ball to his teammate while the Rangers pass it around in order to open up for a shot! Photo courtesy of Brett Stakelin.

Guard Jenny Vieira, Senior, coyly outsmarts her defenseman and jets down the court to the basket an order to score another basket for the home team! Photo courtesy of Brett Stakelin.

WOMEN'S BASKETBALL

The Ranger Women's Basketball Team had a fighting season in which they grew through improvement of not only their skill and athleticism, but also their team dynamics, and, most importantly, personally as individuals. These ladies represented the Regis Rangers with a beaming sense of pride every time they set foot on the court. Junior Lauren Luebbe decribed why she played for Regis since she "likes representing the school, athletic program, and teammates. I think this school and athletic program have strong values and goals. Overall though, I think my teammates are the main reason I play. We show up everyday to work and get better as a team, so there is nothing more rewarding when our team can walk off the floor with a well-deserved win!" Their season may have started out a little bumpy, but once these Rangers began to pick up pace there was no stopping them! In their face off against Metro State, the Rangers fought the Roadrunners in a back and forth battle for a long time until they were able to pull ahead in the last three seconds with a three point basket by sophomore Chelsea Porter! Overall, their season proved a success on many levels, revealing that these Lady Rangers are exceptional student athletes!

Kammy Martindale, Senior boxes her opponent out after a free throw shot in hopes of getting the rebound for the Rangers!

Sophomore Chelsea Porter goes in for an excellent layup and puts another two points on the Ranger scoreboard! Photo courtesy of Brett Stakelin.

SCOREBOARD *

OPPONENT	W/L	SCORE
Minn. State	L	56-53
Cal St. –San B'dino	W	72-71
Cal St. L.A.	L	71-69
N.W. Nazerene	L	98-78
W. Oregon	L	83-80
N.W. Nazerene	L	85-81
Grand Canyon	W	89-51
Fort Lewis	L	78-63
Adams St.	W	93-92
Western St.	W	84-73
Mesa State	W	91-75
Academy of Art	W	89-62
Western N.M.	L	72-62
N.M. Highlands	W	78-52
Colorado St. –Pueblo	W	73-52
Metro State	W	52-51

* Through 1/20/09

Sophomore Ashley Pope races down the sideline and makes sure she is open to receive the ball from her fellow teammate. The Lady Rangers always kept a fast pace in their games while moving the ball quickly between the offense players in order to open up the defense for a shot! Photo courtesy of Brett Stakelin.

Sam Neal, Freshman, looks onward to an open teammate and prepares to outsmart her defender and pass the ball in hopes the Rangers will score another two points!

nior Lauren Luebbe ensures that no one will steal the ball from her while e sets up to pass to a teammate! Luebbe explained "I like sports cause of their competitive nature and the friendships you form, they also ve an amazing way of helping you to develop as a person because they int out your weaknesses and in order to get better as an athlete you have admit/address/fix those faults." Photo courtesy of Brett Stakelin.

Emily Kuipers, Junior, follows through with a jump shot and puts the Lady Rangers another two points ahead against their opponents Colorado State, Pueblo. The Rangers went on the win the game with a final score of 73-52!

Chani Taggert moves in to scoop up the ball before her opposition! The Ranger lacrosse team learned that being quick and agile put them on top!

WOMEN'S LACROSSE

The Women's Lacrosse Team knew a tough season was ahead, but they weren't going to let anything stop them from a successful season. They trained hard, practiced harder and played hardest! The team was made up of 15 tough athletes lead by Coach Sarah Kellner. Each player had their eye on the prize and knew the hard work it would take to achieve their goals for their 2009 season. The ladies gave it their best during passing drills, defense drills, and scrimmages in order to perfect their skills. With game day fast approaching the ladies planned to kick off their season right, and keep that momentum up in each game. The team grew very close during the off-season which helped them on the field as well. They learned to effectively communicate and work together in order to quickly move the ball down the field and score for the team! Freshman Carly Wagner describes the Ranger Lacrosse team as "my second family and some of my best friends!" She explains that her position as midfielder is important because "our job is to transition the ball from defense to offense or to get back and help the defense when there is a change of possession. The midfielder's play the role of linking the defense and the offense together." Together the team grew as a group of athletes, but also as friends and peers. These Ranger athletes knew what it takes to come out on top, and they were not going to bring anything less than the best to each and every game in their 2009 season!

Another block from the goalie! Sneaking a goal past her over the season was difficult due to the intensive defense training the lady Rangers endured.

The Rangers bolt down the field and keep an eye on the ball while preparing to receive the pass from a fellow teammate during a scrimmage.

"Huddle up!" Coach Kellner called, and the lad Rangers quickly formed a tight huddle. The tea became very close throughout the year, whic certainly reflected on the fiel

In one quick turn this Ranger watches as the ball moves across the field and makes her move! In no time, the Rangers learned to be aggressive defensively in order to defeat their challengers.

This Ranger sprints down the field for the ball, the ladies lacrosse team made sure to give every moment of their practices, scrimmages, and games their absolute all!

an attempt to steal the ball from her teammate during a scrimmage, this hlete charges her opposition.

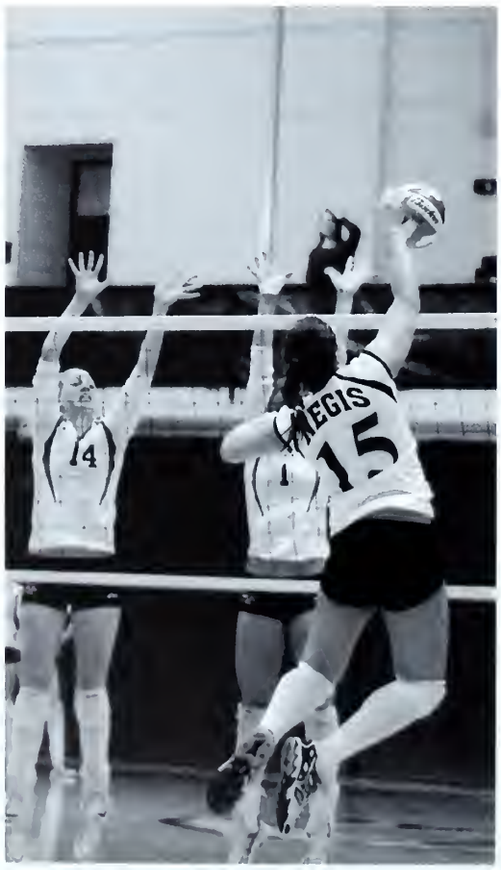
Three players go in for the ball during a scrimmage in hopes to outpace the competition and score a goal for their team!

Sophomore Devin Eckhardt sets the ball while teammate Liz Franz, senior, leaps up in order to aid her in efforts to outsmart the opposition and put up another point for the Rangers! Teamwork allowed the girls to communicate effectively and help each other out during an intense match. Photograph courtesy of Brett Stakelin.

VOLLEYBALL

A packed gym, the squeak of the athletes' shoes as they scurry across the freshly cleaned gym floor, and the echo of the Ranger Volleyball girls as they communicate during an intense face-off made up the scene as the Lady Rangers fight for victory. The Women's Volleyball team came out if their 2008-2009 season with a bang! They won 16 of their 27 games and never held back the intensity! Both on and off the court these ladies portrayed the hard work, team effort, and absolute drive essential to being a Ranger. They had a strong season, but more importantly a strong team bond. Between every play, they girls regrouped and congratulated one another on their efforts, before quickly getting into position for another round. Their ability to read one-another on the court and work together in order to volley the ball back to the opposition captivated the fans in the bleachers, and proved that the Lady Rangers where nothing short of a captivating team of athletes ready to take on any competition that came their way!

Senior Hannah Tautolo reacts quick and gets low in order to retrieve the ball and return it to the opposition!



Kerry Grady, sophomore, leaps into the air and spikes the ball back to the other team! The Lady Rangers always had plenty of spirit to fill the entire gym with intense excitement and constant action!

SCOREBOARD

OPPONENT:	W/L:	SCORE:
C.W. Post	W	3-0
Dallas Baptist	W	3-2
Franklin Pierce	W	3-0
Bentley	W	3-2
Central Mo	L	3-1
Concordia St. Paul	L	3-0
Northwood Mich.	L	3-0
Hilo Hawaii	L	3-0
Chadron St.	W	3-0
School of Mines	L	3-2
UC Co. Springs	W	3-1
Colorado Christian	W	3-0
Metro State	L	3-1
Neb. Kearney	L	3-1
Ft. Lewis	L	3-2
Mesa State	W	3-0
Western State	W	3-0
Co. St. Pueblo	W	3-0
Adam's State	W	3-1
Western N.M.	L	3-0
N. M. Highlands	W	3-1
Metro St.	L	3-2
Neb. Kearney	L	3-1
Co. Christian	W	3-0
U.C. Co. Springs	W	3-2
School of Mines	W	3-0
Chadron St.	W	3-1

Proving their excellent teamwork and communication, sophomore Devin Eckhardt set the ball to fellow teammate Elizabeth Kann, freshman, in order to successfully return it to the competition!

Sophomore Melissa Piazza slams the ball over the net! The Lady Rangers always made sure to crank up their determination, will power, and team dynamics in order to get ahead in every match.

eammates watch as the ball is volleyed back to the opposition, while the angers quickly reorganize and prepare for what could be next! The sport very demanding of instant reactions and team communication.

The Rangers congratulate one another before setting up for the next play. The group became extremely close throughout the course of their season, and learned to keep the team moral up at all times!

Brennan Bonati, senior, pitches the ball hard and fast at the Rangers opponent, Hastings College. A lot of the game rides on the pitcher, and Bonati made sure not to disappoint!

BASEBALL

The Rangers came out swingin' in their 2009 spring season! They were well conditioned and ready to fight in their early season match-ups, winning 7 out of their first nine games! Early in the season the Rangers faced off against Hastings College in a triple header weekend. The Rangers knocked them out in all three games with scores 17-1, 8-3, and 5-3! Early in the season the Rangers pitcher, Darren Chavez, junior, was recognized as RMAC Pitcher of the Week. He achieved 12 innings pitched and only one earned run, and as pitcher was a great asset to the team! When the Rangers went up against Emporia State, ranked #4, they knew they would have to play a tough game, but came out victoriously with a final score of 18-14. The team pounded out 16 hits early in the game which boosted them to a triumphant win! Soon after, Junior Chris Steinbeck was awarded the RMAC Player of the Week after helping the Rangers take two of three games from Emporia State. Steinbeck batted a .462 in the three games and had six at-bats, and lead the team with six RBI, seven runs and two triples! He stood third on the team for hitting with a .441 after nine games. The team grew close throughout the season, and as Junior Gerard Mohrmann described, "They are the best group of guys I have ever been around and baseball allows us to come together every day." Overall the Rangers looked to be in tip-top performing shape. They took to the field with absolute confidence, pride, and team spirit for every game which surely will bring them an excellent season!

Coach McDermott calls the team together before taking to the field for their game in order to give them some last minute inspiration and motivation!

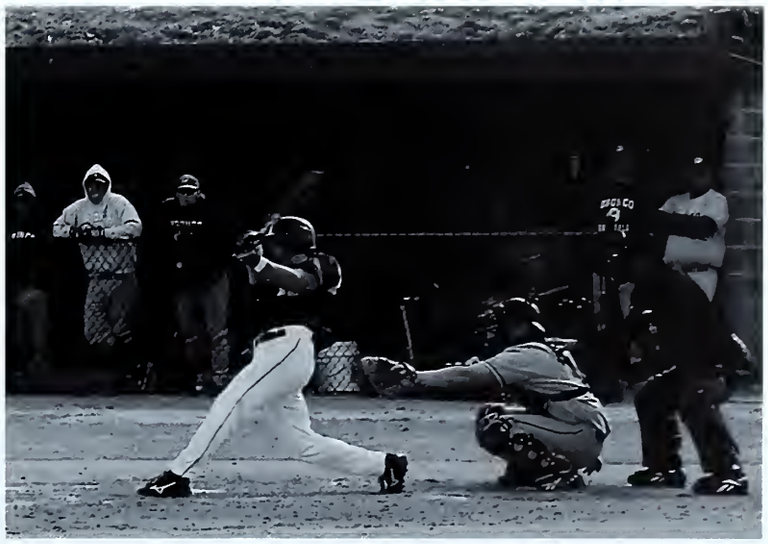
Senior Mike Benton sprints to first base after hitting the ball into the outfield!

Jesus Arazga, junior, heads toward first base after a successful hit against the other team! Arazga plays shortstop and understands the responsibility his position entails as he explains that "When I step on that field, nothing is getting by me!"

Freshman Colt Meacham sets up for the pitch while planning to outsmart the competition and get a successful hit!

This outfielder wastes no time in darting after the ball after it was hit by the Ranger's opponents! He wants to make sure that he can will return it to the basemen in order to tag the other team out.

ron Salvucci, sophomore, jets around third base with his eyes set on me in order to gain another run for the Rangers!



This batter ensures he has perfect form during the Rangers' face-off against Hastings College, and slams the ball into the outfield!

Emily Anderson, sophomore, swings with all her power, knocking the ball to the outfield!

SOFTBALL

As the Women's Softball team's season kicked into gear over the spring semester the stands filled with bystanders ready to watch the Rangers take on another year! Chatter of outfielders filled the diamond, while the "cling" of the ball colliding with the bat brought smiles to the onlookers faces; the Lady Rangers were back! Their 2009 season had a bumpy start, but the ladies remained determined to pick up the momentum and have yet another awesome season! They achieved their first season victory against Colorado State- Pueblo with a final score of 6-3. Later, the ladies had a shut-out against Notre Dame de Namur in Beaumont, California with a final score of 7-0, and went on to defeat the University of California- San Diego 12-3. The ladies had exceptional teamwork, that was evident both on and off the field. They grew as a group, and always knew their team was there for each other. Together, they trained hard, fought harder, and had their eyes on the goal of a successful season!

In full sprint this outfielder watches the ball as she charges to recover it and get the opponent out!

Freshman Nikki Haberkorn charges for home base in order to put another point on the scoreboard for the Rangers!

Senior Jacki Martinez holds her position at thir base, prepared for anything the other team ca dish out to the Ranger

Sophomore Jamie Winsor sprints the bases after her hit in hopes to put another point on the scoreboard!

Junior Mo McDaniel positions herself as she prepares for the pitch in hopes to knock the ball out of the park and score a run for the Rangers!

e first base player prepares to catch the ball before the opponent aches her base in order to get her out!

Alisa Heronema and Natalie Adami high-five near the Lady Rangers dugout between innings during their game against Fort Hays State. The team made sure to recognize each other's hard work on the field while keeping the team spirit high in order to come out with a win!

The team simultaneously went 'jiggin' on down together during this eye-catching performance!

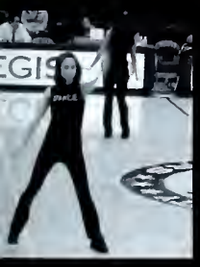
DANCE TEAM

"I just wanna dance!" These words uttered by comedian Dane Cook in one of his routines leads crowds to laughter, but for the Regis University Dance team that phrase is one to live by! These ladies walk to a front and center position at halftime of each basketball game instilling an instant eagerness in the audience, when all of the sudden the music pops on and the dancers spring into an complex routine mesmerizing to all those watching. Junior Mallory Hyatt explains that she likes to dance because "it challenges me to take my guard down, it's funny because when you feel like you look ridiculous doing the move is when it looks the best and like it is being done right!" The girls have grown throughout their year spent together dancing and have become more than a group of performers sharing a passion, but also a tight knit support group of friends. The ladies would sum up their troop as many things ranging from "divas with attitude!" to "rockin hot Rangerettes!" When asked about her favorite funny moment Elissa Grebenc, Senior, described "an absolute favorite moment from this year has to be from our 90's mix routine. We all bust out the 'running man' during the song "Too Legit to Quit" when we heard an older gentleman cheering us on from the stands! It was hilarious! It's nice to know we can give our audience something to relate to!"

These dancers show off their tig
choreography in the center of the cour

Kinnick Wheaton, junior, moves forward with the group while bopping to the music during a halftime show!

Jade Moore, sophomore, shimmies with her group while dancing it up during a Ranger basketball game!



Lauren Sawkins, sophomore, strikes a pose! She explained that one of her favorite routines was the groups '90's' themed routine because it was different then the others they usually perform. She stated that she joined the Regis dance team because "it was a fun way to get involved, make friends, and explore your talents!"

Sophomore Caitlyn Marino puts on a show and gives it all she's got during one of the ladies performances at a Regis home basketball game! The girls helped each other keep up momentum during performances by cheering the others on throughout the dance.

y take it back in style, as the group dances backwards to the music! team always displayed flashy costumes, ecstatic energy, and beaming les during their unforgettable performances!

Caught in mid-air, the girls do the splits during one of the fiercest routines of the season! Sophomore Demetria Velazquez mentions that her favorite dance from this year was "The hip-hop dance to a mix of Missy Elliot songs. We worked so incredibly hard on that dance and had a blast performing!"

With a tight grip on the ball, this rugby athlete aims to pass the ball off to his teammate in hope to move it to the goal line and put more points on the scoreboard for the Rangers!

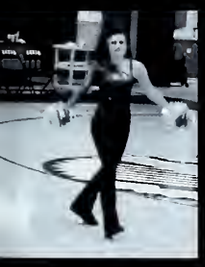
CLUB SPORTS

Regis University takes great pride in its unlimited opportunities the campus offers every year to students, one of which is the Club Sports program on campus. This program allows students aspiring to learn a new sport, train hard, and compete in a regional league the chance to do so. So what goes into being a club sport at Regis? Students interested first need to set up a meeting with Club and Intramural Sports Director Jeff Strickland. The meeting is open to the entire campus, and is necessary to not only inform the school, but also peers, about the sports team seeking support. The school looks at the number of people interested in competing, whether the sport conflicts with other Varsity level sports, and equipment costs while deciding as to whether the team can become a club level group. Once approved, the team schedules practices and signs up at the recreational level in order to start competing. Currently, Regis University supports three intercollegiate teams including Rugby, Men's Lacrosse, and Dance, as well as three recreational teams including Women's Volleyball, Men's Volleyball, and Co-ed Tennis. The club sports program "gives passionate athletes the opportunity to play and compete without the added commitment like that of Varsity sports" explained Jeff Strickland. The program also aids in leadership development because it gets students involved as team captains and in the team council. Overall, club sports was an excellent opportunity for students to become involved and catch that competitive edge!

Pom-poms in hand, the Dance Team always had the style and grace to entertain the crowd! They brought cheering on the team to a new level!

With a spin and twist these dances put the crowd in awe as they were showing off their distinguished technique!

With an intent watch on the ball, this Me Lacrosse player awaits the pass from teammate during a scrimma



Just striking a pose, this Ranger dancer had the smile, style, and slick moves that made her an essential on the team! The team's adopted motto, "We just wanna dance," was evident at every performance they brought to center court in the Ranger gym!

There is no stopping him! This rough and tough athlete knew the fight it would take when the Ranger Rugby team took on School of Mines in Golden, Colorado.

th a quick toss of the ball, this lacrosse player jets downs the field for goal to gain another point for his team! The Men's Lacrosse team is a b sport at Regis that offers a different, fast-paced, and intense sport n your average college!

Dodging the competition, Rugby allows for its players to smoke the competition and dominate the field. It is one of the most sought after games on campus by both athletes and spectators alike!

The rough, rowdy, and always intense Regis Rugby Team of 2008-2009! Led by Coach Stuart Hansen.

RUGBY

A cloud filled Sunday morning sky, and a cool breeze come over the fresh field in Golden, Colorado where in only a matter of minutes the Ranger Rugby team will step out and take on the School of Mines in a head-to-head brawl for victory. Regis Rugby is not a sport known to be taken lightly on campus, because these players were not only excellent students and friends to many, but most importantly, when they were on the field they were the warriors filled with passion and persistence until the end. These men always had an intense drive for the sport blazing within, and that is something undeniable to the Ranger athlete. Faced head to head, the Rangers played by the rules and fought with all they had until the end of their match against Mines. They may have had fewer points on the scoreboard, but that didn't bring down their morale nor put an end to the enthusiastic cheers coming from the stands! The team's ever-lasting teamwork and passion for the game were absolutely unforgettable! They fought hard with every ounce of strength they could muster, they shed blood, sweat and even tears, but no matter the outcome, while they were on the field they were heroes of Regis University that defined the fighter's passion for all students.

Rany Al-bochi Mazie looks headstrong into the pack of opposing defensemen, and embraces them with undeniable intensity, in hopes to score another goal for the Rangers!

During a line-out play, Pete Johnston is quickly lifted up in order to retrieve the ball for the Rangers. The team will not only remember Johnston for his extreme athleticism, but also for his humor that could always lighten up the tension. He will always be remembered by his favorite phrase: "Regis Rugby: Fourteen meatheads and one hooker!"

SCOREBOARD

Opponent:	W/L:	SCORE:
Colorado College	W	39-12
Northern Colorado	L	31-19
University of Denver	W	49-20
School of Mines	L	28-15

Derek Siegel fakes out the defender and heads for the goal line! Siegel commented that team "camaraderie, both on and off the field" was his favorite aspect of Regis Rugby. He explained that "the players next to me on the field were not just my teammates, I considered them family."

Geremy Gibson powers through the oppositions defense men, proving that it is no easy task bringing down a Ranger Rugby player! Photograph courtesy of Brett Stakelin.

Marcus Trucco's intensity and unstoppable determination prove that will fight until the end, as the Rangers battle the School of Mines. otograph courtesy of Brett Stakelin.

Tyler Siegel's die-hard endurance proves that nothing is going to stop him as he races past oncoming defensemen in order to move the ball in closer to the Ranger goal line! Photograph courtesy of Brett Stakelin.

To avoid his defender, this player quickly passes the ball off to a fellow teammate during a scrimmage at "the Beach" where the guys practiced every day in order to prepare for their season.

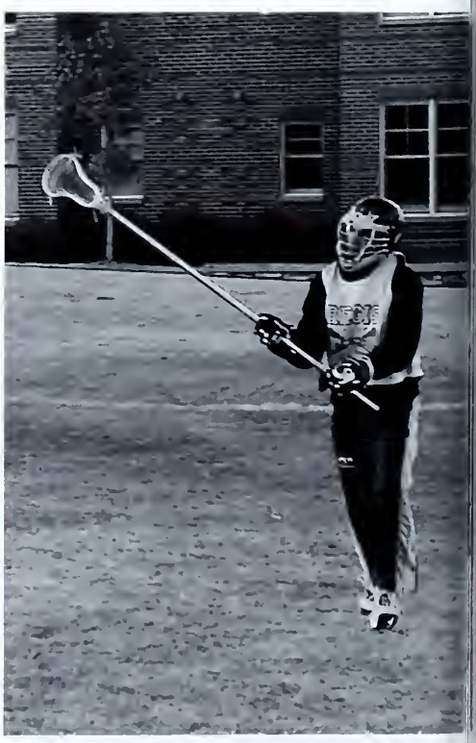
MEN'S LACROSSE

"Let's pick it up guys! Give it all you've got!" a player yells to motivate his teammates during a Club Lacrosse scrimmage on the windy afternoon at "The Beach". The players then jump started into high gear and finished out practice with a bang! These Ranger athletes know the hard work they must dedicate to each drill, scrimmage, and game in order to have a victorious season. The guys practiced every day in order to prepare themselves for the rapidly approaching 2009 season. The guys always showed each other great support and motivation, and as a team they built a strong bond which reflected on the field. The team learned to communicate to each other, work together during plays, and develop the essential skills necessary to come out on top. When game time arrives these athletes plan to step out on that field with full confidence in themselves and each other in hopes to dominate their opponent and bring home a win for the Rangers!

With one week until their first game, the Men's Club Lacrosse team knows exactly what they need to do. In a quick huddle before practice, they go over drills to perfect their skills before their competition.

This athlete passes to a teammate during a practice early in the men's lacrosse season! Teamwork on the field was essential to the team's success!

This player stretches out in order to retrieve t ball during a passing drill with his teammate



This player darts into the play while watching his teammates in case he receives the next pass. Team communication on the field was essential to the Rangers during practice and competitions!

With a swift scoop, this player retrieves the ball and proceeds to run downfield in order to score a goal for the Rangers!

hese two make sure to help each other out during a passing drill. They erfect their precision and technique of passing in order to be in tip-top ondition for the team's first game!

As the ball moves in high at the goal, this goalie knows what to do in order to prevent any goals against the Rangers! The goalie has a distinct and important role on the team in order to ensure the opposition doesn't get any points on the scoreboard.

A player cuts across the field to fake out his defender and catch the ball in order to score a touchdown for his team!

FLAG FOOTBALL

Before the weather turns from hot sunny days to rigid cold and cloudy ones, Regis students are able to enjoy the exciting Intramural Flag Football season! Students gather their friends and compile co-ed teams before setting foot on the Regis fields and facing off for battle. Some teams even choose to practice on the side and gain an upper hand, but all of them are competing to become the next Intramural champions! Intramural sports are held twice a week and allow students a chance to get together with friends and their peers to have a good time and unwind from the stress of a typical school day. The teams come up with a team name, typically something fun, laid back, and often goofy before taking on their opponents over the first weeks of the year. The results are tallied and semi finals and championship games are held in order to reveal the top team!

After a new play is called the players rush into position downfield, as the quarterback sets up to pass ball and put some points up on the scoreboard!

A player drives through the defenders while clutching the ball with all her might!

While his teammates protect him, this athlete charges for the goal! Flag football is always an exciting sport for both the intense players on the field and the cheering students watching from the sideline!

Ryan Martinez, senior, quickly and precisely positions himself to throw the ball far downfield to an awaiting teammate!

Jill Furst, senior, watches intensely as her team runs a play, and sets up to receive the ball from the quarterback!

rcefully a player attempts to evade the defense, but they caught on and lled down his flag to end the play!

With the clock running out quick, the quarterback thinks quick before passing the ball downfield to a teammate in the end zone to score a touchdown!

The pressure is on for this goalie as he intensely watches the ball and prepares to block it from his goal!

INDOOR SOCCER

What better way to get fired up and have a fun time with your friends than a Regis Intramural Soccer face-off! Students gathered in the Dome to watch and cheer for their friends twice a week while the athletes took it to the next level in order to dominate their competition! Soccer requires great stamina, intense agility, and technical skill and these athletes proved that they have what it takes! Playing on an intramural team allowed students to re tune some of their skills or learn a new sport altogether in a relaxed setting. The Intramural program at Regis brings students together and gives them a chance to make new friends, relax from the pressures of school, and release their bottled up energy all at once! Team ATM stole the top spot in the 2008-2009 Intramural Soccer season, they came determined and prepared! These athletes brought their best game and came out triumphant as the undefeated team!

This player quickly stops the ball before it goe out of bounds and strategically plans his nex move

Ricardo Espinoza, junior, communicates with his team in order to outsmart the competition and score another goal!

Junior Idris Shareef doubles back for the ball and dribbles down toward his opponent goal in hopes to put another point up on the scoreboard!

Team ATM pulls out their victory pose! They conquered the odds and came out undefeated at the end of the 08-09 Intramural Soccer season!

Freshman Shannon Quirk prepares to receive the ball while a teammate passes it her way! Her technique was unstoppable in the game!

This athlete takes a quick break but never stops cheering for his teammates who were still out there pushing hard for a win!

These players charge for the ball in order to steal the ball back and move it toward their opponent's goal!

It's head to head, literally, on the intramural basketball court! These players spared no mercy and played their best game in the Ranger dome!

BASKETBALL

The intramural basketball season was filled with more than ball dribbling, shooting hoops and running plays. Instead Regis students remember their fun days in the Ranger Dome for their laughter filled moments, teamwork and having a fun time with friends. Students enjoy the chance to pull together a co-ed group of their friends and hit the court in order to prove that they are intramural champions! Each week, Tuesday and Thursday nights consisted of teams coming together for a fun and laid back game of basketball with their close friends and peers. Intramurals gave students the chance to meet new people, blow off some steam from school, and relax and have fun right on campus! Sophomore Rikje Kasper explained that her favorite part was "that it is competitive but still fun! I also like that when we are playing it is usually against friends." Intramurals was always a fun chance to get together with buddies and have a great time!

Luke Chadwick, junior, quickly turns around his defender and dribbles the ball down the court to put up another basket for his team!

Being one of the tallest players out there, senior Geremey Gibson sets up for a three pointer and shoots to keep his team in the lead!

After quickly faking out his defender, this speed player was able to drive to the hoop for an eas lay-u

Fighting through the mass of players, this Ranger was not about to give up, and goes for a shot at the hoop to put another two points on the scoreboard!

With on point ball handling skills and the drive to succeed, this Ranger steals the ball and moves it down the court in hopes to put her team ahead!

hile her defenders prepares to steal the ball, Stevie Seitz moves quickly shoot the ball and gain another basket for her team!

It's a stretch, but this Ranger goes for it without hesitation! His speed and force help him succeed in scoring another basket for his team!

DODGEBALL & VOLLEYBALL

" Dodge, Duck, Dip, Dive...and Dodge!" a funny quote from character Patches O' Houlihan played by actor Rip Torn, in the movie "Dodgeball" barely describes the intensity of the Ranger dodgeball season! Student bystanders and players alike accumulated in the Ranger Dome weekly in order to join in the exciting activity. The sport brought friends, classmates, and clubs together in order to dominate on the court and tag out the opposition! The players had one goal in mind; to be quick and outsmart their completion in order to come out on top!

Ranger volleyball started up and the heat was on! Intramural players gathered their friends and signed up in order to prove that they have what it takes to be intramural champions! Teams met twice a week to participate in head-to-head battles against their classmates. Intramural sports on campus gave students the chance to let loose and have a good time with their peers on campus. Intramural's was also a great chance for students to become involved and meet new people on campus. The students came together to battle it out in a fun game of volleyball, but left with beaming smiles and even a few new friends!

Shawn Edwards winds up to take down his opponent in an intense game of dodgeball!

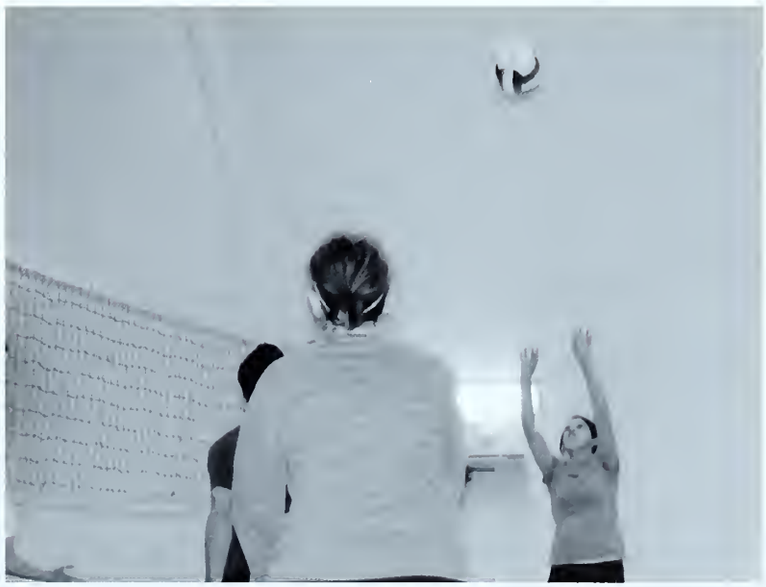
Ensuring he doesn't cross the boundary line, this player launches a ball toward an opponent in order to tag him out!

While watching as his ball puts his opposition o the bench, this dodgeball athlete plans his ne move to grab another ball in defens

Gianna DelPiccolo leaps in style I order to spike the ball back over the net at the opposition! Intramural Volleyball brought friends and classmates together for a fun after school activity!

Emily Fog tosses up the ball and prepares to send it gliding over the net! After her serve, she hopes that the other team will fail ensuring that her own team will battle it out and come out successful!

head to head in this volleyball match as these two players leap up gether in order to spike the ball over the net!



As she prepares herself to receive the ball, this athlete seeks to set the ball to a teammate in order to return the ball to the other team and score another point!

ACADEMICS

RU Scholarly?

It's no secret that hard work is the key to success. We all have to study and go to class. For some college students this is challenging, but its not as difficult for our students, because Regis offers a wide variety of courses lead by exceptional professors.

Where do you hope your Regis education will take you?

[illegible]

—[illegible]

[illegible]

—[illegible]

Why did you choose Regis?

[illegible]

—Tonia Flowers

[illegible]

— Sam Sano

Where is your favorite place to study on campus?

"The top of the back stairwell in McSmet. I can look out at the beautiful scenery while writing papers and reading. It keeps me calm. The erratic breeze of the transport keeps me awake."

—Madelon Morin

"I like studying in the library, fourth floor where I can be distracted."

---Randy Davis

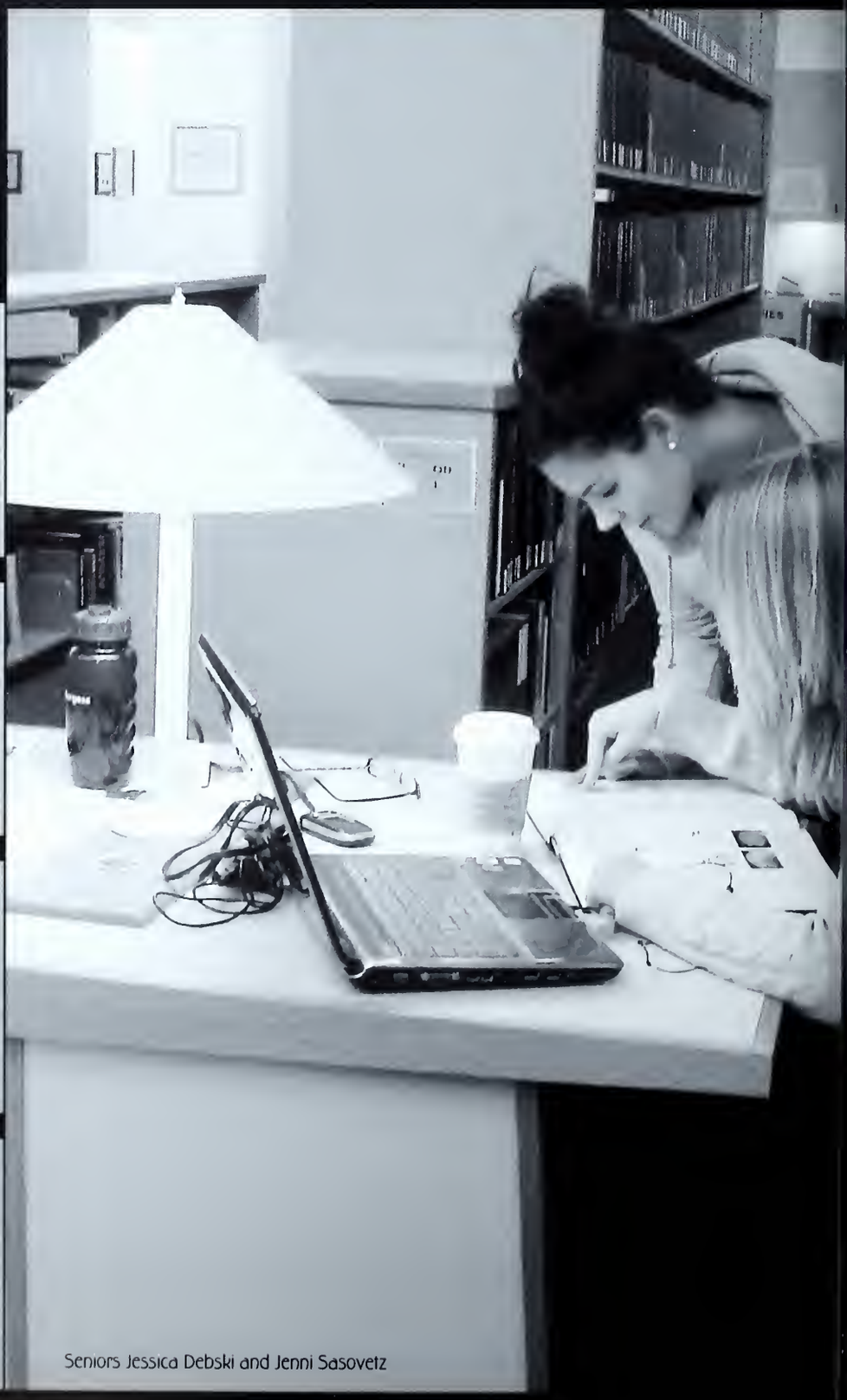
What about Regis makes it such a great place to learn?

"Regis is a great school because it has funny professors, small class sizes & easy access to academic help."

---Kristen Walace

"It's a small campus that creates a close knit community."

— Samantha Setter

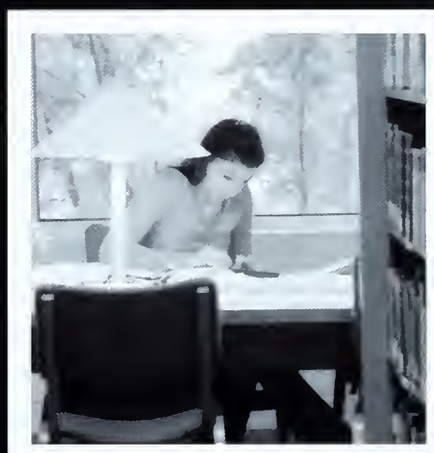


Seniors Jessica Debski and Jenni Sasovetz

RU STUDIOUS?

Senior Kammie Naszkowska tries to focus on her class readings.

Dayton Memorial Library is the perfect place to get away and study.



The library homepage aides Junior Kristin Dueharme in her research.

Freshmen Jessica Jaramillo and Crystal Pacheco surf the web.

BUSINESS

Zach Winchell, Dan Donoven & Sam Cornellisson surf the web.

Professor Harrington, Natasha Garza, Lindsey Witty, Pete Johnston, Joe Ariniello & Darren Chavez

Kyle Pierson, Alex Potts, Maile LeTourneau, Joshua Wagner & Gerard Mohrmann discuss a case study.

Roberto Del Angel, Monique Tafoya, Ana Alonso & Jonny Feiten

Regis students have the opportunity to earn a business degree with emphasis in finance, marketing, management, international business, or general business. A degree in Business Administration opens many doors for Regis students, preparing them for anything from running their own company to working for a govenment agency. Students can also earn a degree in Computer Science. Students learn to create their own video games, robots, and web sites. They will be qualified to work for numerous government agencies, banks, architecture companies, and major web sites.

Oliver Akers works on his Database Design project.

Michelle Eller, Ebony Griffin, Vince Gomez, Christopher Beaty, Meghan Kelly & Will Summer.

Sarah Detty in Professor Litz's Database Design & Analysis class.

ACCOUNTING

Father Daly prepares to start class.

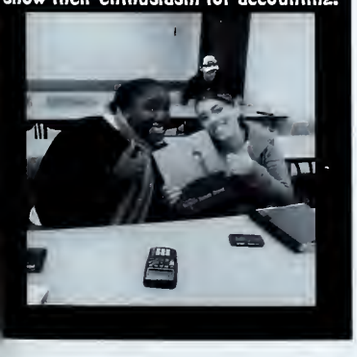
Emma Buczyna and Tamarah Curtis in Professor Edmonds' class.

Michael Fabrizio & Jim Parra go over their accounting reading assignment.

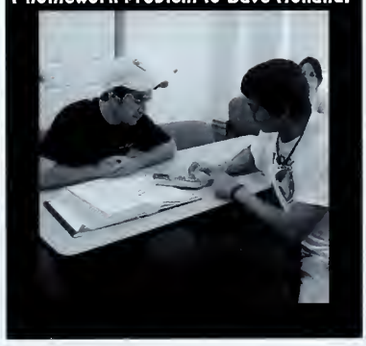
Emily Young, Dana Irving & Elissa Gerbene

A basic knowledge of accounting is crucial for every college student to have as they learn about keeping up with taxes and credit card debt. But a degree in accounting offers a Regis student so much more. Armed with a degree in accounting, students will be prepared to work in business, for a government agency, or a non-profit organization.

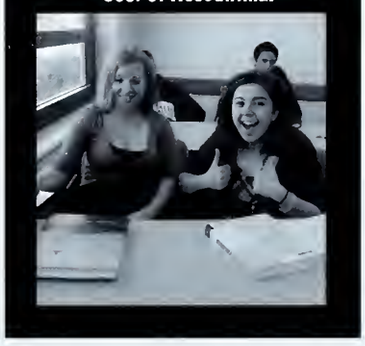
Ebony Griffin and Jackie Ramos show their enthusiasm for accounting.



Patrick Freeman explains a Principles 1 homework problem to Dave Holland.



Kara Beckert and Tracy Kunzweiler in Cost of Accounting.

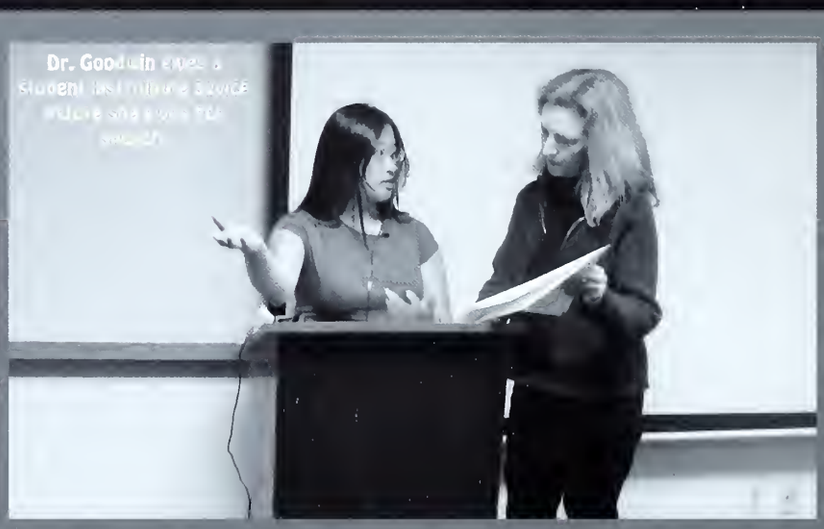


COMMUNICATIONS

Jacob Borer laughs as Sam Phillips demonstrates a lack of communication skills.

Erin Dybus & Brigitte Clench in Speech Communications.

Mathew Drake presents his findings on the caloric content of a meal on campus.



Whether majoring in communications or just taking a few elective courses, Regis students are sure to gain valuable knowledge which will be used thorough their lives. These classes help students to form opinions, to voice those opinions, and to listen to the opinions of others.

Luke Curtis takes notes during a lecture on commemorative speeches.

Shannon Robinson & Briana Flores speak about logotherapy, stating there is meaning in every life circumstance.

Brandon Spivey plays a role in a skit in which he argues it is a person's responsibility to know the law.

COMMUNICATIONS

Devon Carson thinks about his speech delivery.

Erin Trumble works on writing a speech.

Billy Jones hooks the audience with thought provoking questions about Sodexo food service.

Nick Genaro wraps up his groups speech by suggesting Regis should switch food service companies.

Upon graduating communication students will be ready to work in a variety of fields. They will be hired to write for magazines and newspapers, they become television producers, or they go on to graduate school for law, social work, or other areas involving communication.

Amy Smith, Kinnick Wheaton & Karen Halbach in Organizational Communications.

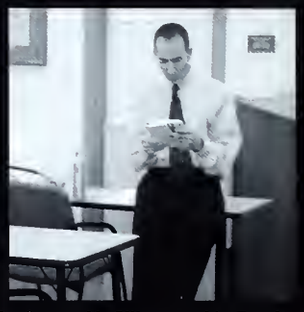
Kayla Macke plays a role in a skit in an effort to grab the class' attention and to introduce her speech topic.

Taylor Clemons discusses the cost of eating on campus.

ENGLISH

Sophomores Sam Bailey & Samantha Espe enjoy reading Tortilla Curtain.

Students listen and follow along as an excerpt of a play is read aloud.



Professor McGill opens his Freshmen Literature class by reading a poem.

Daphne Dick
absurd insi

Offering over 40 different English courses, Regis provides students with an opportunity to improve their reading and writing skills in a fun, yet educational manner. A major or a minor in English allows students to seek jobs in many different fields, including journalism, education, and politics.

Claire Leavens & Carolyn Nguyen are distracted by a photo opportunity.

Freshmen Seminar students gather to talk about their future career options.

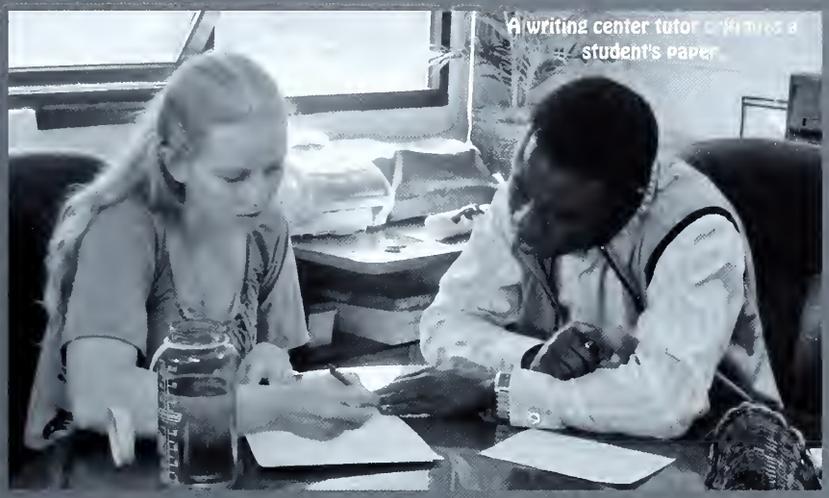
Amy Wenzel is amused by her writing assignment.

WRITING CENTER

Michelle Bryan & Gretchen Plut listen to Professor Swanson's lecture.

Senior Peter Barrett watches his teacher write notes on the board.

Kate McCarthy & Ciara Gallager read a short story together.



A writing center tutor [illegible] a student's paper.

Writing papers is a requirement for most of the courses offered here at Regis. Students find it extremely helpful to make an appointment with the staff in the writing center to help them successfully write a paper. The friendly staff in the writing center helps students from start to finish in formulating ideas and reviewing papers for grammatical errors.

Professor Karpinski poses a question to her Drama class.

Boston dreams of where else he could be, other than in the writing center.

Stephen Pipal is awake today in Drama class.

FOREIGN LANGUAGE

Chelsea Caoalwell looks over her Spanish homework.

Amalie Mentzer shares her Spanish fairytale with Craig Hale.

Señora Castro answers Amy Leos' question before she begins a quiz.

Angela Mendez & Joseph Oh

¿Se habla español? Parlez-vous français ? Sprechen Sie Deutsch? Whether you are fluent or just a beginner in French, German, or Spanish, Regis has courses to help with speaking and comprehension skills. Taking a second language prepares students to work as translators, bi-lingual educators, missionaries, or to travel the world.

Lucy Swayze looks on as Professor Gaensbauer explains homework to a student.

Marissa Kishell & Megan Quilliam review their readings prior to class.

Stephen Todesco and Greg Bliss review for their Spanish quiz.

FOREIGN LANGUAGE

Spanish students gather for a lunch discussion entirely in Spanish.

Steve Falconi & Chris Williams review their German chapter before a quiz.

An Elementry German 1 student quickly translates German phrases to English.

Spanish Table

Participating in language tables allows students to use their language skills outside the classroom, expanding their vocabulary and keeping up their skills.

Professor Reinero writes a quiz on the board for his German students.

Spanish students Maegan Cooley and Audrey Keenan

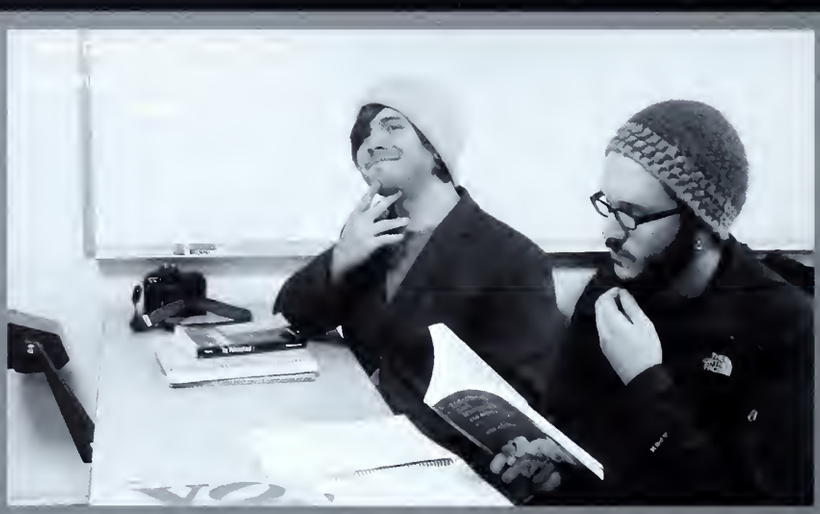
Cassandra Bryant finishes up her Spanish homework.

SOCIOLOGY

Tifany Steffensmeier & Lisa Harrell discuss their Sociology readings.

Stephanie Bittel & Sarah Franzino in Cultural Anthropology.

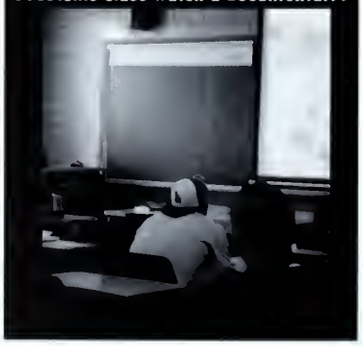
Paul Herrera kicks back & takes notes for class.



In sociology, students learn about human interactions. Students are taught to to critically examine the social problems and their origins which litter our society. Students have the opportunity to major or minor in sociology. Once they graduate, students will be able to get jobs in education, social services, and major govenment agencies.

Katie Zeman & Sarah Gramlich read about infections & ther inequalities.

Students in Professor Gardener's Social Problems class watch a documentary.



Michelle Benikov checks her syllabus for the class reading assignment.

PHILOSOPHY

Dr. Adkins starts a thought-provoking class conversation.

John Rafferty catches up on Philosophy homework.

Sarah Magill & James Estes catch up on their Philosophy reading.

Molly Moss & Olivia Tracey

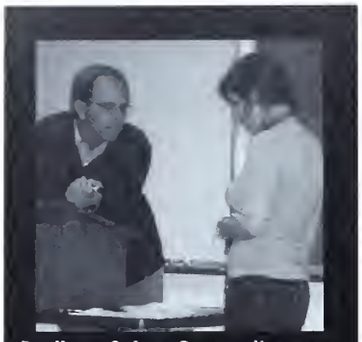
Philosophy students ponder world views. Through reading works of literature by famous philosophers, students learn to question world beliefs and form their own perspective on life. Equipped with a major or minor in Philosophy, students will have skills which can be applied to almost any professional field.

Megan McEvers participates in a class discussion.

Dr. Zenzinger begins his Justice & Economic Systems class.

Chris Ghincea is so engrossed in Philosophy, he eats his book.

RELIGIOUS STUDIES



Dr. Howe & Lucy Swayze discuss an Introduction to Religious Studies paper.

Students pay close attention to their Women in Christianity guest speaker.

Esther Green & Julia Mulligan enjoy taking Religious Studies together.

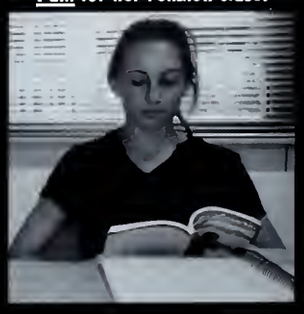
Dr. Schaefer's Christian Love & Marriage class.

In an effort to increase the appreciation and understanding of religion, Regis offers over 30 courses in Religious Studies. Students take classes to learn about traditional Christian thought and how to apply what they learn in their lives outside the classroom.

A student catches up on her reading prior to the start of class.

Micaela Escontrias & Charlene Vigil go over homework together.

Jordan Miller reads <u>The Problem of Pain</u> for her religion class.

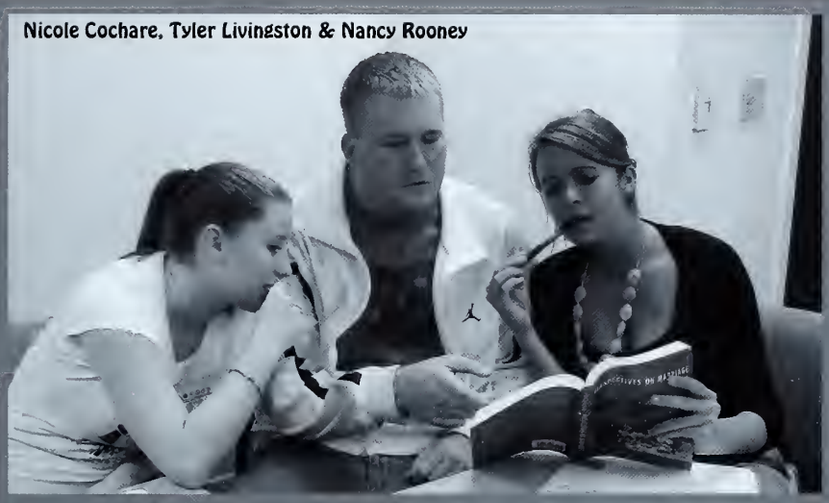


RELIGIOUS STUDIES

Linh Nguyen gives a World Religions speech.

Professor Balani accepts a student's paper at the end of class.

Professor O'Brien talks to one of her Intro to Religious Studies students.



Nicole Cochare, Tyler Livingston & Nancy Rooney

Students not only have the opportunity to further their knowledge of Christianity, but they have the chance to learn about religions of various cultures and time periods. Students take courses such as Medieval Christianity, Religions of India, and Religions of Asia.

Leigh Snyder & Sarah Moler display their religion texts.

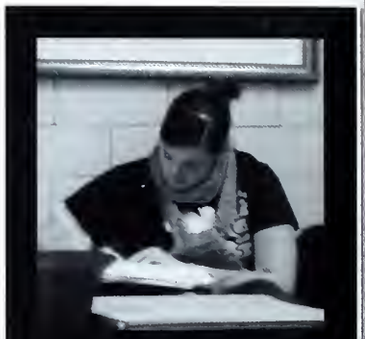
Two Christian Love & Marriage students take notes in class.

Sophomores Vaughan Veasey & Crystina Anderson listen to a lecture.

HISTORY

Heidi Marquez enjoys her professor's enthusiasm, as Ashley Liddiard diligently takes notes.

Cristina Chacon attentively listens as Dr. Clayton passionately teaches about World War I.

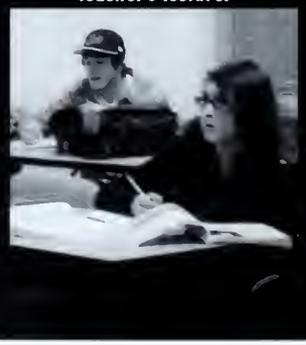


Diane Kleinschnitz takes notes on the formation of trench warfare.

History students learn about the past not only because it is interesting, but history can be the best way to learn from our mistakes as a nation. Students can apply what they learn from the history classes at Regis to current world situations.

Sophomore Jenni Shearston takes notes during her Survey of Western Civilization Since 1600 class.

Alexis Baca multitasks taking notes from her book and from her teacher's lecture.



Jason Stull contributes to the class discussion, as his classmates continue to take notes.

POLITICS

Kati Weathers actively participates in a class discussion.

Dr. Riley discusses how President-Elect Obama will prepare in the months leading up to his inauguration.

Lena Fulkerson works on correcting her essay on an environmental issue.

Lara Manganaro & Robert House

Whether students aim to gain a basic understanding of politics or wish to earn a living participating in politics, Regis helps students reach their potential. Students learn to think critically and to understand our national and other world governments.

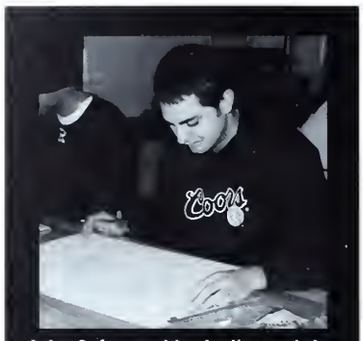
U.S. National Politics students pay close attention to their professor's lecture.

Gregory Bennett discusses his essay topic in Environmental Politics.

Maggie Lawson & Shawn Edwards are engaged by their enthusiastic teacher.

ART

Becca Corona uses old bottles and wire to create a necklace holder.



John Cafazza adds shading and the final touches to the chairs he drew.

Patrice Hunefeld sews a contemporary hand muff complete with a cell phone holder.

Ali Caro uses a photograph to sketch a landscape scene.

Regis offers a variety of visual art courses including drawing, painting, photography, printmaking, and sculpture. Students use their creativity to express themselves through their work of art. Artists of all abilities have the opportunity to improve their skills with a dedicated teaching faculty there to encourage them.

Chris Yamauchi sculpts a fish out of fast food wrappers to represent "the great pacific garbage patch."

Maeve Eichelberger works on her clay self-portrait through which she makes an environmental statement.

Marcie Molina melts crayons so she can re-mold them into a shape of her choosing.

MUSIC

Sean Moritzky plays Greensleeves Variations on the harp.

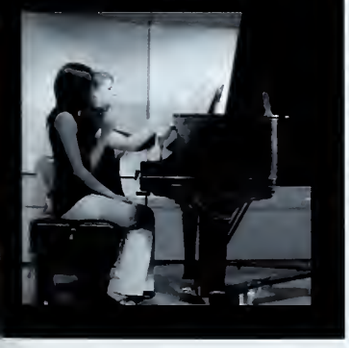
Sophomore Tracy Riley warms up before the start of class.

Patricia pulls out her guitar and gets set for class warm ups.

Regis' Chamber String Ensemble perform in their fall concert Romantic Classics.

Whether you are a curious student who wishes to learn to play an instrument or an advanced musician who wishes to expand upon and showcase your talents, Regis has a music class for you. Students have the opportunity to learn to play piano, guitar, or even the harp.

Allison Paulé & Lauren DeRosier play "Sicilienne" on the piano.



Whitney Lovato plays a piece on the flute during the Chamber Ensembles concert.

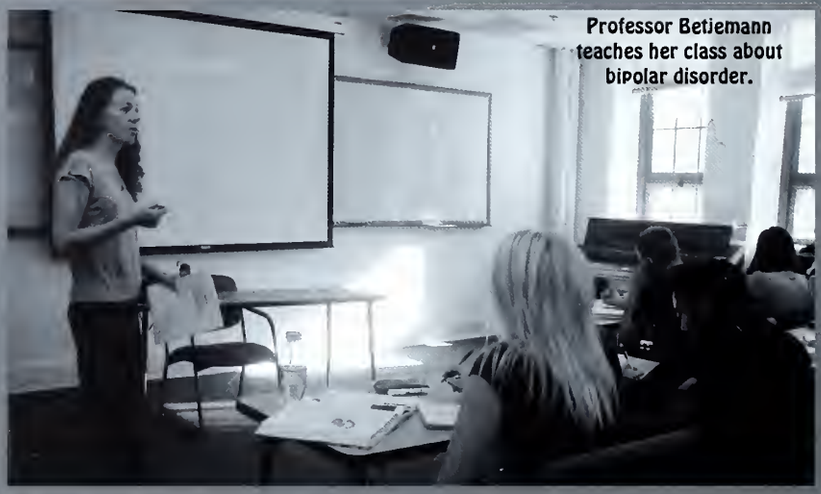
Sophomore Kelsi Goings follows along with her professor's chords.

PSYCHOLOGY

Angelena Niccoli & Lilah Connelly watch Dr. 90210 to better understand the world of cosmetic surgery.

Kelsie Carpenter listens to a classmate's presentation.

Brittany Lopez & Dana Le take notes on mental illnesses.

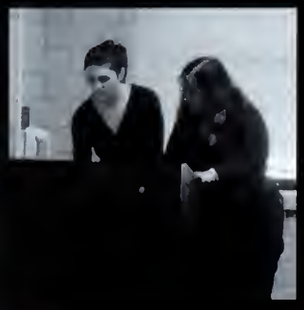


Professor Betiemann teaches her class about bipolar disorder.

Psychology students learn about the biological and social environments that affect human behavior and mental processes. The knowledge students gain can be used to better their lives and the lives of others.

Lisa Harrell & Meredith Sabin in General Psychology

Dr. McCall helps a student to set up her Psychology of Women presentation.



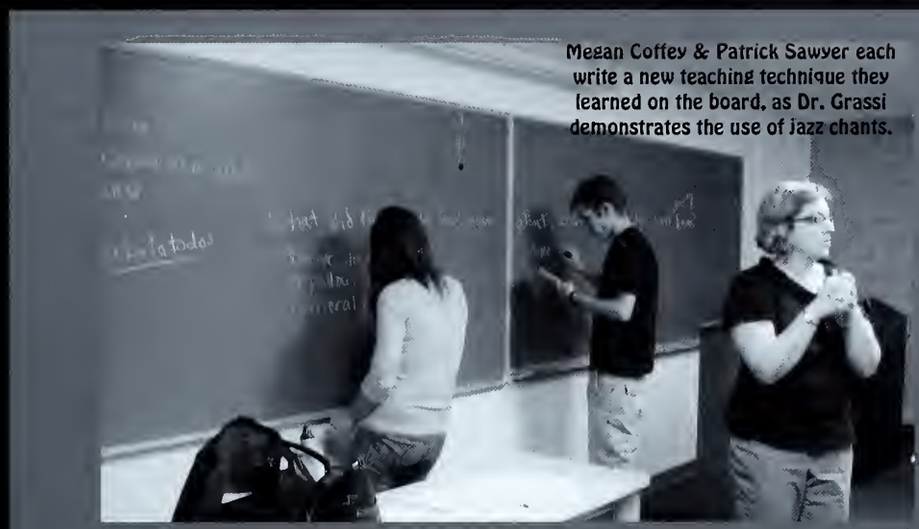
Kristen Cabanting reads through her psychology text.

EDUCATION

Seniors Jillian Deganhart & Liz Bucci share a Linguistics for LDL textbook to find interesting teaching methods.

Megahan Kelly & Hanh Nguyen discuss homework problems in Psychology for Educators.

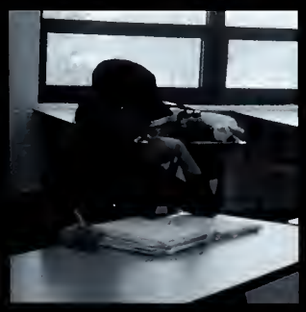
Jamie Winsor asks how to handle name-calling, a skill needed if she's going to be a secondary school teacher.



Megan Coffey & Patrick Sawyer each write a new teaching technique they learned on the board, as Dr. Grassi demonstrates the use of jazz chants.

Regis is devoted to producing qualified teachers who are committed to teaching with passion. Regis prepares students by working with them in the classroom, and during field work experiences at local schools. Not only can students earn a degree in education, but they can also minor in special education and linguistically diverse education.

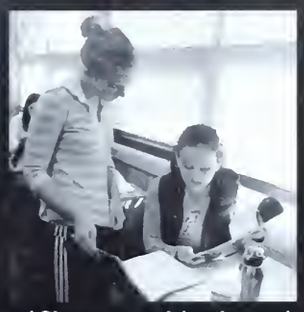
Chloé Simon studies her way through school so she can become an elementary art teacher.



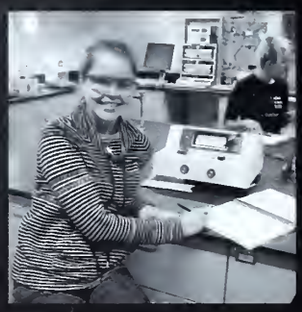
Dr. Dorman listens in as Julia Kullmann talks with her partner about the facts which interested her in their reading.

Ashley Bass flips through her linguistics textbook in an effort to participate in the class discussion.

CHEMISTRY



Jenni Shearston explains the previous night's homework to Heidi Marquez.



Eli Holmes preps for her last chemistry lab of the semester.

Lab partners Ashley Reiber & Bridget Haake read over their lab together.

Tiffany Myers & Kathy Keovongphet work together to make sense of organic chemistry.

Whether majoring in chemistry or biochemistry, Regis students learn from a dedicated faculty and enjoy the use of Regis' state of the art laboratories. The exciting hands-on lab experiences and small lecture classes provide students with everything they need to succeed.

Stacey Smith, Chani Taggart & Laurel Defibaugh in Organic Chemistry 1.

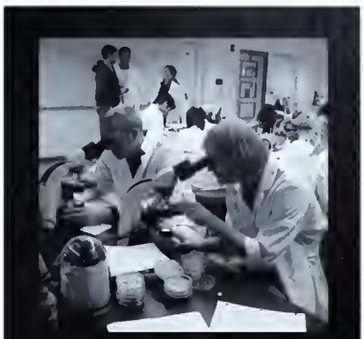
Cassie Gerving & Liz Bell measure magnesium chloride solution for their Diagnosing Disease lab.

Adam Barajas brings his friend, a former Regis student, Maggie Whaler, to class to show her what she's missing.

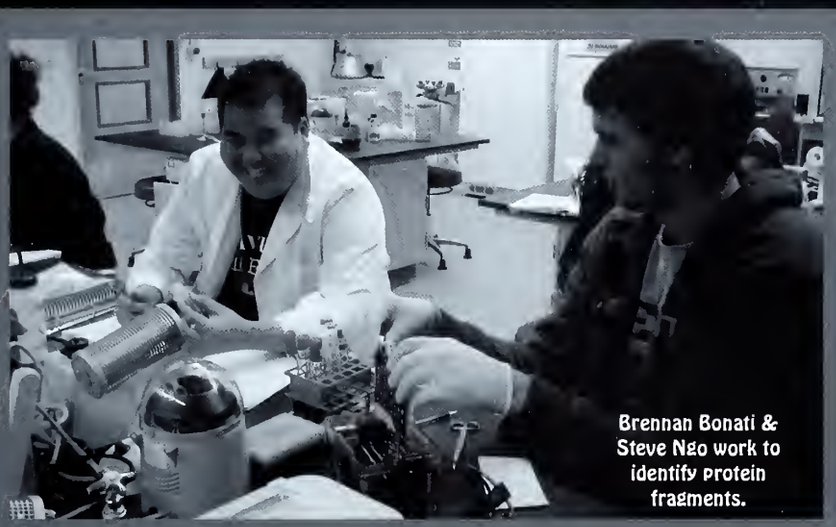
BIOLOGY

Stacey Smith & Laurel Defibaugh examine their bacteria sample they have been growing.

Sean Moroze & Vincenzo Artino work to identify bacterium through their microscopes.



Thomas James Stolz & Christopher Lanciotti observe their slides.

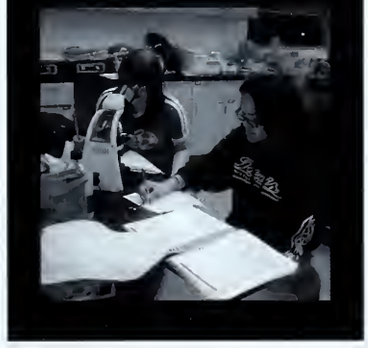


Brennan Bonati & Steve Ngo work to identify protein fragments.

Regis offers two biology degrees: a bachelor of science in biology and a bachelor of arts in biology. These programs offer students lab experience in which they learn to create and execute their own studies. The curriculum provides students with a foundation allowing them to go on to graduate programs in an area of their interest.

Maricor Coquia & Hariot Sidhu examine their Petri dish filled with microorganisms.

Yvonne Cuaycong & Janelle Koenen view and draw microorganisms.



Kristin Crocker & Leah Homburger discuss how to classify the bacteria they see under the microscope.

PHYSICS

Erica Lanphier & Meghan Lynch adjust their lens to view their optic image.

Wivina Sitthisay & Nicole Borden drop a ball and film it during a physics lab.

Melissa Herbert & Jay Miller set up their lab.

Students here at Regis have everything they need to pursue an education in physics. They have enthusiastic teachers and two laboratories filled with the technology needed to run undergraduate level experiments.

Melissa Herbert sets up her optics lens.

Emily Niles, Jennifer Brickman & Nikki Inthavong work to find the velocity in an inertial reference frame.

Mario Domenico records the distance of his lens needed for a useful image projection.

NEUROSCIENCE

Christen Weberg & Sean McNeese in Functional Nuerophysiology & Nueroanatomy.

Kasey Miller looks over her extensive notes before the start of class.

Too bad the yearbook isn't all in color! We could've had fun learning about the neurological process that lead Brian Estes to dye his hair blue.

Dr. Basham reviews the anatomy of the brain with his students.

Neuroscience students combine their knowledge of psychology, biology, and chemistry to assist them in understanding the functions of the nervous system. Not only is neuroscience an interesting field of study, it also offers many career options. Students choose which classes are of interest to them, and which will lead them to the perfect career.

Zach Rottmann, Megan Robbins & Jean Ikanga take notes on nueroanatomy.

Karagh Murphy & Amy Wenzel organize their worksheets in preparation of finals.

Danielle Gonzalez & Audrey Keenan read and take notes in Intro to Brain & Behavior.

NURSING

Meaghan Stokes & Kristen Wolfgang show what it takes to get through a four hour lecture.

Health Assessment students concentrate on a lecture being given.

Jen Charlesworth & Jacinda Maurer wait for a lecture to begin.

Seniors Kristin Kraich, Katie McGinn & Amanda Gonzales wait for their turn in the nursing simulation lab.

In the midst of the nursing shortage, Regis' Loretto Heights School of Nursing is doing its part to produce some of the finest nurses in the country. Students in the nursing program learn about many different areas of nursing, such as labor and delivery, pediatrics, geriatrics, mental health, and emergency.

Two nursing students wait for the start of class.

Jalaine Binas watches her teacher demonstrate an assessment of mobility.

Professor Gilbert draws a picture of a muscle contraction on the board.

NURSING

Megan Barngrover & Kaitlyn Pullara wait for class to start.

Jenna Gerber laughs her way through a long nursing class.

Professor Gallegos lectures her Care of the Childbearing Family class.

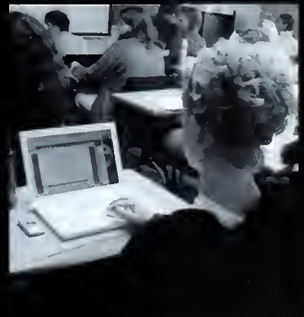
Professor Burnk[illegible]t engages her Health Assessment [illegible]s in a discussion.

During their junior and senior years, nursing students gain clinical experience, in which they can learn what it truly means to be a nurse. The nursing program is very rigorous and requires students to keep up their grades, but this program is sure to turn out the best prepared nurses.

A nursing student reviews her teachers PowerPoint notes.

Students diligently listen to a lecture on muscle contractions.

A Nursing student uses her computer to review the class readings.



STUDY ABROAD

Corinne Kampe had the opportunity to visit the Temple of Zeus ruins while studying in Greece.

Dani Romain took a day trip to see the Leaning Tower of Pisa while studying in Italy.

Noah Schutte went sky diving at 14,000 feet above the North Island of New Zealand.

Sure Regis is great, but if the opportunity arises students jump at the chance to study abroad. Studying in other countries not only offers students a chance to travel, but also provides learning experiences which cannot be learned in a classroom.

Lyndsay Whitehurst spent New Year's Eve at the Eiffel Tower with former Regis exchange student Robin Millar.

Margaret Farr at Franz Josef Glacier in New Zealand.

STUDY ABROAD

Noah Schutte takes his first sips of Kava, a traditional drink used during Fijian ceremonies.

Sonia Genaro repels down a waterfall to explore an underground cave during her orientation in New Zealand.

Margaret Farr kayaking at Abel Tasman in New Zealand.

Australia, Chile, China, France, Ireland, Italy and Spain! These are just a few of the countries Regis students have the opportunity to study in. Each country offers a different learning environment which pertains to students' majors and provides a new perspective that cannot be gained in the classroom.

Dani Romain took a weekend trip to Paris and saw the Eiffel Tower's ten minute light show.

Lyndsay Whitehurst studied in Northern Ireland and visited the Giant's Causeway.

CAREER SERVICES

A Regis student talks to a potential employer.

Chris Lanciotti talks to an Army recruiter about his future career goals.

Mikaela McGrail picks up applications for promising jobs.

The Army recruiters use their enthusiasm to attract prospective Army nurses.

Regis' Office of Career Services offers a wide variety of assistance to students and alumni. The dedicated staff help students with building resumes, practicing for job interviews, and matching students with the perfect jobs and internships.

The director of career services, Richard DelliVeneri, talks to company representatives.

A student stops by the career fair before heading off to class.

One Regis student talks with a company representative about her resume.

CAREER SERVICES

Students look over the information offered by one of the many companies represented at the fair.

A recruiter passionately explains her company's role in the community.

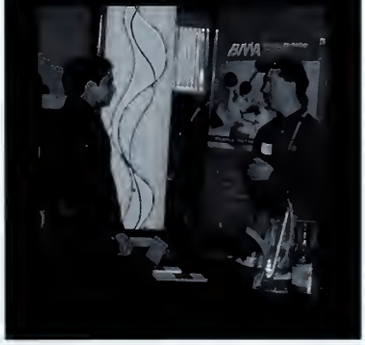
An attendee asks how he can become a part of the prospective company.

Assistant Directors for Rueckert-Hartman Admissions, Tom McCrory & Brian Engel, stand by to answer any questions.

Every year the Office of Career Services hosts multiple fairs at Regis including the Health Professions Career Fair and the Career and Internship Information Fair. These fairs offer students and alumni a chance to talk to employers from many different job fields to get their questions answered and to get the interviews they need to get the job.

Breanna Symmes talks to a company representative at the Health Professions Career Fair.

Although a freshman, Vince Bustos takes advantage of the resources at the career fair.



Students get all their questions answered with regards to summer internships.

FATHER WOODY

A little girl from the community breaks in stuffed animals for their recipients.

Natalie Adami & Jennifer Mosqueda volunteer with the softball team.

Jennifer Brickman & Shawn Kloor volunteer as a part of a townhouse service project.

Stuyvie Pierrepont, Christopher Beaty, Mike Reinert & Tyler Hardy represent the lacrosse team at the wrap party.

Father Woody's Christmas wrap party is a long standing tradition of 17 years. This year 300 Regis students, faculty, and community members met and wrapped 3,800 presents, an all time record!

Lana Schamberger wraps gifts with the commitment program.

Community members offer their time to wrap presents.

Students surround themselves with the numerous presents they lovingly wrapped.

Jeanette Aguirre busily works as Santa's helper.

Silvia Fernandez, Shanti Montoya, Yvette Camarena & Michelle Spreutels volunteer in their spare time.

Regis and the surrounding community unite to bring joy to those in need.

Melanie Wittenborn, Erin Dybus & Liz Beaty take time out of their morning to help wrap presents.

All of these presents will be given to children at the Father Woody Christmas dinner party. The party provides families with a Christmas dinner and a chance to meet Santa at the Sheraton hotel.

Kaylie Erickson wraps clothing to make someone's Christmas memorable.

Alex Holpainen & Chris Williams get caught up playing with stuffed animals while wrapping them.

Community members came to pitch in and teach their grandchildren the power of giving back.

FATHER WOODY

STUDY

Zach Bond and Allie Hart enjoy a sunny day in Febuary while studying for International Relations.

Anna Ohmes studies in the clock room at the library.

Christianna Landreth hides in the stairwell of Desmet hall to get some reading done in quiet.

Reniece Carr and Anita Egbune study on the quad.

We all have to study to keep up our grades and to fully comprehend the material we learn in class, but we have different preferences as to how and where we study. Some like the quiet atmosphere of the library, while others prefer the comfort of a bedroom where they can listen to loud music.

Jason Sweazy writes a paper in the quiet of the library.

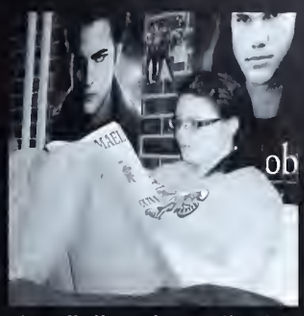
Revae Mendoza uses her time wisely and gets her reading done in between classes.

Angela Mercier attempts to read in front of the TV, but an episode of Lost seems to have won her full attention.

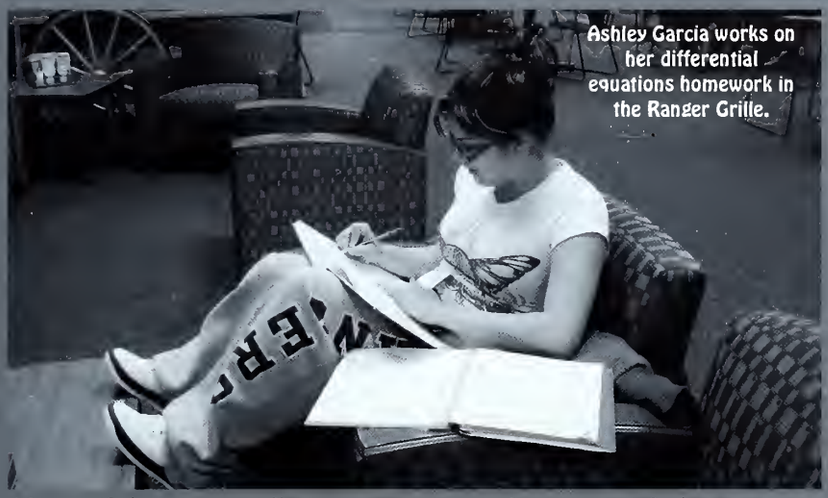
STUDY

Kyle Hudencial takes advantage of the free Internet and printing in the library.

Sam Setter reads while working at the circulation desk in the library.



Lena Hoff gets her reading done from the comfort of her bed.



Ashley Garcia works on her differential equations homework in the Ranger Grille.

Regis' beautiful campus offers students a wide variety of places to study. Students can study in the Dayton Memorial Library, the various lounges on campus, the computer labs, or outside on the grass.

Cassandra Gerving studies for her upcoming Medical Microbiology test in a relaxing environment.

Marcie Molina and Brittany Brunson work in the DeSmet computer lab on their psychology research.

Yen Vu types out an outline for her sociology paper.

RU INDI

VIDUAL?

William Gohl

Melissa Garduno

Katelyn Gould

Samantha Espe, Annie Reinking,

Kimberly Meschede, Ryan Martinez,

Adrian Martinez, Matt Drake

Angela Mercier, Molly Moss

Myron Sanders

Joseph Grady

Whitney Lovato, Cynthia Martinez

Vanessa Nowosad

Allison Paule, Audrey Keenan

Robert House

Absolom Herrera

Samantha Su, Katelyn Gould

Jesse Nguyen, Jared Wisniewski

Alicia Sawyer

Sofia Dutczak, Kaitlyn Grode

Alex & Chris Ghincea

Alex Eubanks

Aaron Georgas

Jeremy Rubio, Santo Alvarez

Steven Ferrel, Jared Wisniewski

Melissa Garduno, Katie Maslanka

Leo Garcia Jr.

Francisco Martinez

Dan Van der Vieren

Anthony Boland, Ross Lehuta

John Otten

Marcus Trucco

Bob Siger

Jon Landolfe

Katelyn King, Jessica Martinez

Steven Linenberger, Bonnie Fruland

John McCain, Barack Obama

John Rafferty

Student Activities

Patrice Hunefeld, Paulina Tuell

Shaunese Cradle, Geremey Gibson

Joe Odugbela, David Fox

Neil Collins, Stacey Green, Chris Jackson

Farida Sultany, Sultan Mohamed

Ryan Boudreau, Brian Nelson

Tanya Perekrestenko, Jarred Mendenhall (Tanya's husband)

Ashley Jackson

Ealasha Marshbank

Kevin Hurd, Susan Arbo

Monica Raleigh, Eliza Bennett

Maricor Coquia

Kyle Hudencial

Meaghan Stokes, Kristen Wolfgang

Jim Kurtz & Yoshi

Luke Ochs, Sam, Kai

John Sullivan, Sam, Kai

Nikiya Price, James Martinez

Bobbie Rivera

Annalise Stephenson and Kyle Harris

Erin Tiernan, Katie Rosenheim

Ruth Connors

Leo Garcia, Ruth Connors

Quinn, Padraic, and Brent Waller

Padraic Waller

Steve Ngo, Chris Lanciotti

Josh Meyer

GROUPS

PK-10
REGIS
REGIS
UNIVERSITY

Chris Ghincea, Adam Barajas

Patty Moncada, Marisol Moncada

Heather Flos, Jenn Fendrich

Carolyn Nguyen, Alex Lu

Steve Ngo

Jesse Nguyen

Chris Ruybal

Mallory Hyatt, Andrea Minhas

Drew Macbeth

Kyle Mack, Dave Holland

Alexander Carlson

Jessica Lappe

Anthony Porch, Sarah Keiter

Heather Sedbrook, Brittany Brown

Alex Mackay

Joey Wheeler

Sean Duggan

Anne Flower

Andrea Berry, Marguerite Workman

Will Long

Kathy Maes, Associate Dean

Sean Murphy

John Rafferty

Dave Law, Hannah Law

Maggie Stephenson, Ashley Pope

Brennan Bonati

Tiffany Ede, Allison Luppold

Emma Elliott, Stephanie Linclel

Bri Simbeck

Eileen Tran

Greg Bennett

Dmitriy Degtyar

Amanda Schell, Cynthia McIrvin

Brittani Gallardo

Stephen Pipal

Lilah Connelly

Shanti Montoya, Yvette Camarena

Jackie Fulkrod

Nick Cross

Max Montrose

Derek Miller

Zachary Gluck

Susanna Pasillas, Noemy Pinela

Stephen Todesco, Vince Bustos

Noe Neal, Erika Tanaka

Brandon Freson, Mikaela McGrail

Eileen Tran, Jenna Smith

Peter Barrett, Luke Chadwick

Roberto Del Angel

Shaunese Cradle, James Boain

Amanda Gustafson, Kristen Schurwonn

Micahl Wood, Lesley Wood

Crystina Anderson, Brandon Blessing

Jenae Ford, Amanda Hoch

Drew Jones, Pearl Shields

Melissa Herbert, Elissa Grebenc

Courtney Certain

Linh Dang

Phuc Nguyen

Yuki Lovato, Greta Smith

Zach Owens, Tiffany Marzetta

Micah Fernandez

Cristina Chacon, Whitney Lovato

Wyatt Krempely, Tim Dungar

MORE GROUPS

WE R THANKFUL

Special Thanks to:

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Tim Micek
Jeff Strikland
RUSGA Executive Cabinet
Brett Stakelin
Mike Sakas

The yearbook staff would like to especially thank Stacey Green for all of her support and guidance throughout the year. We could not have completed the book without you. Thank you very much!

Thank you to all those who donated their time, pictures, and energy for the creation of the Ranger Yearbook.

2008-2009 YEARBOOK STAFF

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